QUIZ SHOW-OFF: Retake the presidential fitness test as an adult | Inside



A PUBLICATION OF The Washington Post | LIVE ALL DAY AT WWW.READEXPRESS.COM | MAY 22, 2007 | >> FREE <<

Tuesday



An exhibit on global warming faced scrutiny.

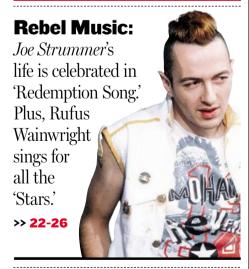
Big Chill: Did Smithsonian tone down warming exhibit?

Drug Warning: Study links diabetes pill to heart attacks | 3



Swede Talk: Caps' Backstrom says he is worth the wait | 18

ENTERTAINMENT



Weather >> Mostly Sunny



SMUGGLING | So Very Uncool International shipping service DHL knew something was wrong when the delivery costs of a Samsung refrigerator to Moscow exceeded the price of the kitchen appliance several times over, the





Lebanese Army Bombards Palestinian Camp

TAKING AIM: A gunman supporting the Lebanese army aims toward a Palestinian refugee camp in Tripoli on Monday. The death toll rose to almost 50 as the army pounded the camp, believed to be holding militants tied to al-Qaeda, a second straight day. - Devastation: Black smoke towers over city | Page 7

Democrats Drop Iraq Timeline

New bill would provide funds for war through September

WASHINGTON | In grudging concessions to President Bush, Democrats intend to draft an Iraq war-funding bill without a timeline for the withdrawal of U.S. troops and shorn of billions of dollars in spending on domestic programs, officials said Monday.

The legislation would include the first federal minimum wage increase in more than a decade, a top priority for the Democrats, who took control of Congress in January,

the officials added, speaking on condition of anonymity.

While details remain subject to change, the measure is designed to close the books by Friday on a bruising veto fight between Bush and the Democratic-controlled Congress over the war. It would provide funds for military operations in Iraq through Sept. 30, the end of the fiscal year.

Democrats in Congress have insisted for

months they would not give Bush a blank check for his war policies, and officials said the legislation is expected to include political and military goals for the Iraqi government to meet toward establishment of a more democratic society.

Failure to make progress could cost the Iraqis some of the reconstruction aid the United States has promised, although it was not clear whether Democrats intended to give Bush power to order the aid to be spent regardless of progress. DAVID ESPO (AP)

BBC reported. Police in Taiikistan soon arrested the shipper, a 26-year-old woman who had hidden nearly 18 kilograms of heroin in the fridge. Tajikistan is a major route for drugs traveling out of Afghanistan. (EXPRESS) EyeOpeners | Page 2

VICIOUS CYCLES

CHARITY

Munchies That Give You More Munchies

It was a big enough bummer for Kenneth Affolter when he was sentenced to more than five years in prison for making pot-laced treats and soft drinks. Now he faces the wrath of the Hershey Co., which has sued Affolter, 40, for giving his marijuana goodies names

A swarm of honeybees temporar-

ily disrupted a fundraising event,

but no one reported being

stung. Authorities evacu-

the woods around the West

ated a field in Ligo-

nier, Ind., on Satur-

day after about 3,000

bees emerged from

like Stoney Rancher, Rasta Reese's and Keef Kat. Each came in packaging similar to Hershey's Jolly Rancher, Reese's Peanut Butter Cups and Kit Kat candies, according to the Drug Enforcement Administration. Hershey's suit, filed earlier this month in San Jose, Calif., accuses Affolter of trademark infringement, trademark dilution and unfair competition. The company is seeking \$100,000 in damages. (AP)

Noble High School football field, where 700 people were participating in a walk **Buzz for the Cure**

> ety. The bees landed on a large umbrella shading the campsite of one of the more-than 60 teams. A local beekeeper used a smoke machine to calm the bees and coax them into a beehive. (AP)

for the American Cancer Soci-



TELEVISION

'Lost' In Your Eyes

There's an obvious design defect in Scalar Co.'s new mini TV monitor. You have to clip it to glasses, which depletes its coolness by a factor of eight. The tiny gizmo is supposedly equivalent to a 28-inch screen located two meters away. It even comes with a remote control, for those too lazy to touch the side of their heads. (EXPRESS)

Their Gateway Drug Was Parsley

Two teenage boys from Hilton Head Island, S.C., were caught atop a Pig-

gly Wiggly attempting, unsuccessfully, to smoke oregano, the Island Packet reported. The duo thought the green, leafy substance in their baggy, obtained from "a guy [they] knew," was marijuana. The boys, ages 14 and 15,

were retrieved from the roof by police deputies at 1:40 a.m. on Saturday. They were given a trespassing warning by the Beaufort County Sheriff's Office and were released to their parents. (EXPRESS)

Smithsonian American Art Museum

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Join Smithsonian American Art Museum Curator John Hanhardt for a series of free multi-media presentations.

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The Emergence of Video Art: 1963-1975

Upcoming Presentations

The Expanded Forms of Video Art: 1975–1990 May 29

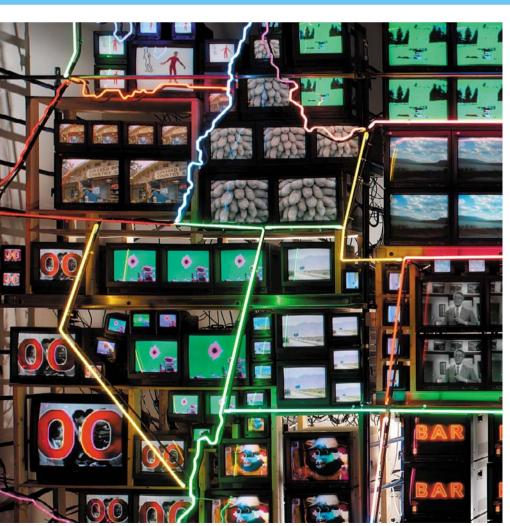
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Nam June Paik, Electronic Superhighway: Continental U.S., Alaska, Hawaii (detail), 1995, 49-channel closed circuit video installation, neon, steel and electronic components, Smithsonian American Art Museum, Gift of the artist © 1995 Nam June Paik



CAMPAIGN CHATTER: XM Satellite Radio is launching a public service station devoted solely to the 2008 presidential election. The channel will debut next month and will be available to anyone with an XM radio, even if the subscription has lapsed.

Nation

In Brief

SALT LAKE CITY

The Rev. Sharpton Tours Mormon Church Facilities

The Rev. Al Sharpton toured Mormon facilities Monday and dined privately with a church elder after drawing criticism two weeks ago for remarks about Republican presidential candidate Mitt Romney.

On a live broadcast of his radio show on Monday, Sharpton said he respects Mormons as Christians and believers. He called any perceived friction between himself and the church a "fabricated controversy." (AP)



Retail gasoline prices are surging well past the national average in Chicago.

NEW YORK

Gasoline Prices Climb To New Nationwide High

Retail gasoline prices climbed to another record Monday, while crude oil futures jumped above \$66 per barrel amid concerns about gasoline supply. A gallon of regular unleaded costs an average of \$3.196 across the country, up from \$3.178 on Sunday, according to AAA and Oil Price Information Service. (AP)

Immigration Bill Action Is Delayed

Coalition of legislators pledges to protect bill as criticism mounts

WASHINGTON | Senate leaders agreed Monday that they would wait until June to take final action on a bipartisan plan to give millions of unlawful immigrants legal status.

The measure, which also tightens border security and workplace enforcement measures, unites a group of influential liberals, centrists and conservatives and has White House backing, but it has drawn criticism from across the political spectrum. In a nod to that opposition, Senate leaders won't seek to complete it before a hopedfor Memorial Day deadline.

"It would be to the best inter-



Sen. Jon Kyl, R-Ariz., is part of a bipartisan coalition of lawmakers that brokered a deal on immigration reform. The group is going to hold daily meetings on the bill.

ests of the Senate ... that we not try to finish this bill this week," said Senate Majority Leader Harry Reid, D-Nev. "I think we could, but I'm afraid the conclusion wouldn't be anything that anyone wanted."

The compromise cleared its first hurdle Monday with a Senate vote to begin debate on a separate immigration measure. Still, it faces significant obstacles as lawmakers seek dozens of modifications to its key elements.

The unlikely coalition that brokered the deal, led by Sens. Edward M. Kennedy, D-Mass., and Jon Kyl, R-Ariz., is plotting to protect the agreement from "deal-breaker" changes that would sap its support. The group will hold daily meetings starting Tuesday to determine whether proposed revisions would sink what they are calling their "grand bargain."

"We have to try our very best to work together to get something that will actually pass," Kyl said.

JULIE HIRSCHFELD DAVIS (AP)

Safety of Diabetes Drug Questioned

Study finds popular medication increases risk of heart attacks

A widely used diabetes pill raises the risk of heart attacks and possibly death, according to a scientific analysis that reveals what some experts are calling another example of the government failing to protect the public from an unsafe drug.

More than 6 million people worldwide have taken the drug, sold as Avandia and Avandamet,



Avandia's maker, GlaxoSmithKline PLC, disputed the analysis' results.

since it came on the market eight years ago to help control blood sugar in people with the most common form of diabetes. About 1 million Americans use it now.

Pooled results of dozens of studies on nearly 28,000 people revealed a 43 percent higher risk of heart attack for those taking Avandia compared to people taking other diabetes drugs or no diabetes medication. The study, published by the New England Journal of Medicine, also found a trend toward more heart-related deaths.

The findings are frightening because two-thirds of diabetics die of heart problems, so a drug that boosts this possibility is especially hazardous for them.

Avandia's maker, GlaxoSmith-Kline PLC, disputed the results of the analysis but acknowledged that its own similar review found a 30 percent increased risk — information it gave last August and possibly even earlier to the U.S. Food and Drug Administration. But the company said that more rigorous studies did not confirm excess risk.

FDA officials issued a safety alert on Monday and said they likely would convene an advisory panel but planned no immediate changes to the current side effect warnings on the drug's packaging. (AP)



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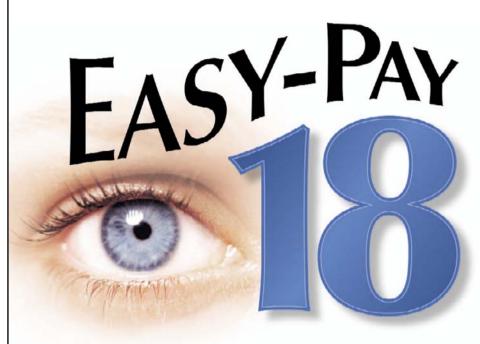
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ALEXANDRIA • ROCKVILLE • TYSONS CORNER

The number of stars added recently to the Memorial Wall for fallen officers at CIA headquarters. The wall pays tribute to agency personnel who died on national security missions.

Nation

Fla. Sets January Primary

Earlier vote in '08 may draw candidates away from smaller states

WEST PALM BEACH, FLA. | Gov. Charlie Crist signed a bill Monday moving Florida's 2008 primary to Jan. 29, shaking up the U.S. presidential race by bypassing a dozen other states whose primaries are set for Feb. 5.

The move puts Florida's primary, which had been scheduled for March, behind only the Iowa and Nevada caucuses and the New Hampshire primary and on the same day as South Carolina's Democratic primary.

Florida has by far the largest population of any of the early voting states set for January and is the most expensive in which to campaign, giving well-funded candidates an even greater advantage and possibly drawing attention away from the smaller states.

"This is going to require the serious candidates to spend very, very large amounts of money and time



Florida Gov. Charlie Crist, center, signs a bill on Monday moving Florida's presidential primary from March to January during a ceremony in West Palm Beach, Fla.

in Florida," said Merle Black, a politics professor at Emory University in Atlanta. "If you can't compete in Florida, that's going to be a sign that you're not a serious contender."

Crist, a Republican, and other state Republican leaders have argued Florida's diversity and size merit more influence in deciding the nation's leadership.

"We may not be the first in the nation, but we're at the forefront," Crist said after signing the bill. "We will be the first megastate to weigh in on the next leader of the free world." (AP)

Democratic presidential hopeful John Edwards speaks Monday in Keene, N.H.

Romney, Edwards **Leading Iowa Poll**

DES MOINES, IOWA | Republican Mitt Romney and Democrat John Edwards are leading a poll of Iowa caucus voters conducted by the Des Moines Sunday Register. Romney was backed by 30 percent, ahead of Arizona Sen. John McCain with 18 percent and Rudy Giuliani with 17 percent. Among Democrats, Edwards was ahead with 29 percent of those surveyed, compared to 23 percent for Illinois Sen. Barack Obama and 21 percent for New York Sen. Hillary Rodham Clinton. (AP)

Idaho Gunman Spoke Of Mass Killing Plan

Police find shooter's wife dead at home from gunshot wound

MOSCOW, IDAHO | The gunman who killed two people and himself in a rampage at a courthouse and church said earlier this year he would commit suicide in a way that would kill a large number of people, police said Monday.

Also Monday, police said the shooter's wife had been found dead inside her home.

Crystal Hamilton, 30, a courthouse maintenance worker, died of a single gunshot to the head, Latah County Sheriff Wayne Rausch said. Authorities believe she was killed before her husband, Jason Hamilton, went on his spree late Saturday and early Sunday.

Hamilton sprayed dozens of bul-



Hamilton

lets into a courthouse, killing a police officer and wounding a sheriff's deputy and a civilian, then went to a nearby church and killed a church worker

and himself.

Duke said Hamilton, 36, had a history of violence and in February underwent a court-ordered mental evaluation for attempting suicide. He told a psychiatrist that if he were to commit suicide, he would do so in a way that would kill a large number of people, Duke said.

Hamilton had been arrested in January 2006 for felony strangulation involving a girlfriend while he was separated from his wife and was convicted of misdemeanor domestic battery, Duke said. (AP)





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The National Institute of Mental Health



Nation



ANGRY MEN: A judge in Boston refused to grant a mistrial Monday for a defendant who punched an elderly male juror in full view of the 15 other jurors hearing his case.

Richardson's Bid Is Official

Governor of N.M. formally announces his presidential run

LOS ANGELES | New Mexico Gov. Bill Richardson vowed to repair the "ravages" of the Bush administration Monday as he formally announced his campaign for the Democratic presidential nomination.

The former congressman and Cabinet secretary said his track record makes him the right person to lead the country through a pivotal time.

"Some are rock stars," Richardson said of the Democratic field. "I am not, but I have a proven record."

In Spanish, he said, "With pride, I hope to be the first Latino president of the United States

Richardson made the announcement during a news conference at the Millennium Biltmore Hotel in the same room where he said his hero, President Kennedy, accepted the Democratic nomination in 1960.

Richardson said he would repair



New Mexico Gov. Bill Richardson announces his candidacy for the 2008 Democratic presidential nomination at the Millennium Biltmore Hotel in Los Angeles.

"damage done here at home and to our reputation abroad," first by removing U.S. troops from Iraq and using diplomacy as the primary instrument of U.S. foreign policy.

Richardson raised \$6.2 million in the first three months of the year — about a quarter of | NEDRA PICKLER (AP)

what Sen. Barack Obama, D-Ill.. and Sen. Hillary Rodham Clinton, D-N.Y., brought in, and less than half of what John Edwards raised. But his campaign always said he would focus more intensely on fundraising after the first quarter.

Carter: Remarks Critical of Bush Were 'Careless'

ATLANTA | Former President Jimmy Carter said Monday his remarks were "careless or misinterpreted"



when he said President Bush's administration has been the worst in history."

Carter said Mondaythatwhen he made the com-

ment, he was responding to a question comparing the Bush administration's foreign policy to that of former President Richard Nixon's.

"I think this administration's foreign policy compared to President Nixon's was much worse," he said, but he said he did not mean to call it the worst in history.

The White House on Saturday dismissed Carter after the remarks as "increasingly irrelevant." (AP)

Whales Face Perilous **Journey Back to Sea**

Scientists use boats to guide animals from the Sacramento River

RIO VISTA, CALIF. | A wayward mother whale and her calf were nearly halfway back to the Pacific Ocean on Monday, a week after taking a wrong turn and swimming inland to the state capital, Sacramento.

"The plan is to keep boats behind them, trying to coax them in the direction we want them to go," Carrie Wilson, a marine biologist with the California Department of Fish and Game, said Monday.

Scientists continued to watch the whales closely because their route includes sloughs leading to muddy deltas that could trap them. The two, who appear to have been wounded by a boat's propeller but are otherwise in good health, also will have



Boats herd humpback whales down the Sacramento River on Monday.

to get through the pylons of four bridges to reach the San Francisco Bay and will have to swim under the Golden Gate Bridge to return to the ocean. Wilson said.

"We were thrilled to get them down the channel yesterday, but I'm afraid that was the easy part," she said. (AP)





GROUNDED: A spectacular morning fire caused heavy damage on Monday to the British clipper ship Cutty Sark, a proud relic of the 18th century and a London maritime attraction. The ship was in dry dock for repairs when the fire, the cause of which is under investigation, broke out.

In Brief

CARACAS, VENEZUELA

Protesters Decry Decision To Shutter Opposition Media

Thousands of protesters carried a blocks-long "SOS" banner through Venezuela's capital on Monday, condemning threats to freedom of expression days before the country is set to lose one of its few remaining opposition-aligned TV stations. Shouting "we want freedom," demonstrators warned that President Hugo Chavez's plan to replace Radio Caracas Television with a public-service station is part of a broader effort to silence criticism. (AP)

COLOMBO, SRI LANKA

6 Die Amid Fresh Clashes Between Soldiers, Rebels

Six people were killed Monday during deepening fighting between government soldiers and separatist rebels in Sri Lanka's volatile north, the military said. Two soldiers were killed in a pre-dawn fight with Tamil Tigers in a northern village bordering the rebel stronghold Mullaitivu. A roadside bombing blamed on the rebels hours later killed two soldiers and wounded three others in Vavuniya district. (AP)

NAPLES, ITALY

Residents Set Fire to Heaps Of Trash Inundating City

Residents of Naples have begun burning heaps of garbage that have piled up for more than a week, adding potentially toxic smoke to the foul smell permeating the city, officials said Monday. Mounds of trash have piled as high as 10 feet in some places. Collectors had stopped hauling it away because local dumps are at capacity. The government has approved building more dumps in the area, but there have been delays in getting them operational. (AP)

Dubai Finds Its Footing

→ In a region beset by war and crises, Dubai sits like an oasis of confidence along the Persian Gulf. It has become the economic capital of the Arab world, drawing scores of the region's best and brightest from the malaise of their own countries. | Today, A Section

1 The Washington Post

Fighting Rages in Lebanese Camp

Troops shell buildings in effort to oust group with al-Qaeda links

TRIPOLI, LEBANON | Lebanese troops blasted a Palestinian refugee camp with artillery and tank fire again Monday, seeking to destroy a militant group with al-Qaeda ties. The barrage smashed buildings and sent plumes of black smoke towering over the crowded camp on the Mediterranean.

The fierce, two-day battle has

killed nearly 50 combatants and an unknown number of civilians, raising fears that Lebanon's worst internal violence since the 1975-1990 civil war could spread in a country with an uneasy balancing act among various factions.

Refugees in the Nahr el-Bared camp, on the outskirts of the northern port city of Tripoli, hid in their homes as fighting raged, and Palestinian officials in the camp said nine civilians were killed Monday. Reports from the camp could not be confirmed because officials and



Relatives of a Lebanese soldier killed in the clashes mourn at his funeral Monday.

reporters could not get inside.

All day, automatic gunfire and explosions rocked the camp — which is more like a small town, with more than 31,000 people living alongside schools and businesses.

The Lebanese army is seeking to uproot a militant group called Fatah Islam, which arose in the camp late last year. The group touts itself as a Palestinian liberation movement, but many view it as a nascent branch of al-Qaeda-style terrorism with ambitions of carrying out attacks in the region. BASSEM MROUE (AP)



NO SAFE PLACE: Palestinians grieve Monday over the bodies of six people killed in an Israeli missile strike in the Gaza Strip.

Israeli Dies From Gaza Rocket Fire

Fresh airstrikes kill 5 Palestinian militants as tensions escalate

GAZA CITY, GAZA STRIP | Israeli-Palestinian violence escalated dangerously Monday when Israel killed five militants in airstrikes and indicated that Hamas political leaders could be their next target, and a rocket fired from Gaza killed an Israeli woman, inviting a harsh Israeli response.

The rocket fired at the battered

town of Sderot hit a car, setting it on fire. Both Hamas and Islamic Jihad claimed responsibility.

Officials said the woman, who was hit while approaching the car, died on the way to the hospital. She was the first Israeli killed in a rocket attack since November.

Even before the fatal salvo, Hamas leaders were fearing for their safety. They reduced their movements as militant groups declared a state of emergency.

The precautions followed an Israeli airstrike late Sunday on the

home of Hamas lawmaker Khalil al-Haya that killed eight people. Israel denied al-Haya, who was not home at the time, was the target. But Israel's leaders said they would employ more drastic measures to stop the daily salvos of rocket fire from Gaza at Israel.

On Monday, an Israeli aircraft fired a missile at a car carrying four Islamic Jihad men, killing all of them. Other airstrikes Monday killed a Hamas militant and hit suspected weapons-storage facilities, the army said. Sarah el Deeb (AP)

Scholar Is Charged By Tehran

American academic accused of scheming to topple government

TEHRAN, IRAN | A jailed Iranian-American academic was charged Monday with setting up a network to overthrow the Islamic establishment, the government said.

Haleh Esfandiari, head of the Middle East Program at the Washington-based Woodrow Wilson

Center for Scholars, has been held at Tehran's notorious Evin Prison since early May.





Esfandiari

she and the Wilson Center were conspiring to topple the government by setting up a network "against the sovereignty of the country."

"This is an American designed model with an attractive appearance that seeks the soft-toppling of the country," the ministry said.

Esfandiari's husband, Shaul Bakhash, denied the allegations against his wife. Sharon McCarter, a spokeswoman for the Wilson Center, also called Iran's claims untrue. ALI AKBAR DAREINI (AP)

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Department of Health and Human Services
National Institutes of Health
National Institute of Child Health & Human Development

Mental Health Research Study

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DOCTOR IS OUT: Polish doctors launched an open-ended strike on Monday, demanding a pay raise amid complaints that the national health system is underfunded and medical professionals are overworked. More than 200 of the nation's roughly 600 state hospitals were providing only emergency care.

World

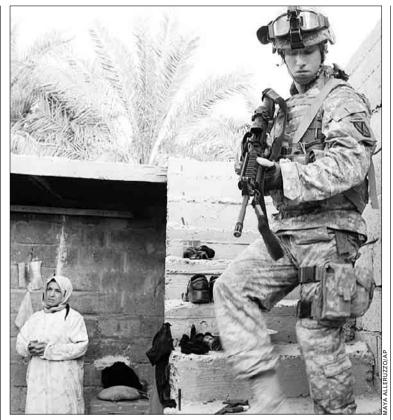
Search for Missing Gls Pushes On

U.S. troops comb key areas for clues in hunt; at least 58 Iragis dead

BAGHDAD | U.S. soldiers raided suspected safe houses near the Euphrates River south of Baghdad on Monday in their search for three comrades captured by insurgents linked to al-Qaeda but found them empty after the militants apparently were tipped off and fled, an official said.

It was the latest in a series of frustrations for exhausted U.S. troops hunting for any sign of the troops who went missing after a coordinated May 12 ambush that left four other Americans and an Iraqi soldier dead.

Maj. Webster Wright, a spokesman for the 10th Mountain Division's 2nd Brigade Combat Team, also said some 27 air assaults had been staged in the last nine days, dropping off soldiers to gain the element of surprise and to avoid the bomb-studded roads.



ON THE TRAIL: Staff Sgt. Nathan Brooks from Vergennes, Ill., descends a staircase Monday as an Iraqi woman watches troops search her home in Quarghuli village.

"We went after a couple of objectives and they had some warning systems out," Wright said. "They were able to slip away from us, but we're going to come at things from a different angle."

Meanwhile, at least 58 Iraqis were killed by attacks or found dead across Iraq Monday, including seven people ambushed on a bus northeast of Baghdad, police said. The dead included 24 men whose bullet-riddled bodies were found across Baghdad, apparent victims of sectarian death squads.

Several mortar shells hit the U.S.-controlled Green Zone, one striking the Iraqi parliament building but causing no casualties — the latest in near daily barrages on the nerve center of the U.S. mission and Iraqi government that underline the country's tenuous security.

British troops clashed with Shiite Muslim gunmen in the southern city of Basra. Britain's military said one British soldier and a civilian driver were killed when a supply convoy was attacked. (AP)

Aid Ship Refuses To Sail in Lawless Somali Waters

MOGADISHU, SOMALIA | A cargo ship carrying food for poor Somalis refused to leave Kenya on Monday because of rampant piracy, and the U.S. Navy warned vessels to stay clear of Somalia's lawless waters where everyone from aid workers to fishermen have become targets.

The U.N. World Food Program has appealed for international action to stamp out Somali pirates threatening the delivery of humanitarian supplies to Somalia, which is trying to recover from the worst fighting in more than a decade.

The ship was loaded with 850 tons of food, but the shipping agency contracted by the WFP demanded the Kenyan government provide security for travel into Somali waters. A Kenyan government spokesman did not immediately return calls for comment.

On Saturday, pirates staged a failed hijack attempt on another WFP boat, killing a Somali guard. (AP)



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World



Men transport goods from Paraguay's Ciudad del Este to Brazil's Foz do Iguazu by way of the "Friendship Bridge" — a key passage known for attracting smugglers.

Smugglers' Haven **On 'Triple Border'**

Paraguay, Brazil newly resolve to combat flow of contraband goods

CIUDAD DEL ESTE, PARAGUAY | Men lugging shiny stereos, new tires and heavy packages on their backs stream like ants across the Friendship Bridge, where smugglers lower boxes of contraband from Paraguay on ropes to Brazilian runners on the riverbank below.

No one checks passports, and anyone asking questions is hustled away in this smugglers' haven near the "Triple Border," where Paraguay, Brazil and Argentina meet, and contraband electronics, toys, drugs and arms flow across porous borders.

Paraguayan President Nicanor Duarte and Brazil's Luiz Inacio Lula da Silva met in Asuncion on Monday and vowed to boost legitimate trade and to strengthen cross-border cooperation in fighting smuggling along the Triple Border. They also signed a pledge to build another bridge on the Parana River separating their countries.

But neither broached one thorny issue: a wall Brazil had planned to build on its side of the Friendship Bridge. When announced in March, Duarte called the wall a "shameful" proposal. Silva's office said ahead of his visit that no wall will now be built, but did not say why the wall was scrapped.

"Convergence, not divergence, is the solution to our problems," Silva said Monday, sounding conciliatory as he talked of boosting bilateral trade, which Brazil's foreign ministry said totaled \$1.5 billion in 2006.

Both leaders said greater trade would help the poor in both countries. Paraguay is South America's poorest country after Bolivia, while Silva noted that giant Brazil is home to 44 million poor.

Paraguay's major trading city is Ciudad del Este, some 200 miles east of Asuncion. It is an enormous mecca of shops bristling with whiskey, cigarettes, computers and clothes, and is considered one of South America's leading smuggling centers.

The U.S. Immigration and **Customs Enforcement Agency** announced last year a move with the tri-border countries to create units investigating trade based money-laundering here.

While U.S. government reports have sporadically raised suspicions the area is a fundraising source for radical Islamic groups such as Hezbollah and Hamas, authorities have said they have never found proof of such connections. BILL CORMIER (AP)



BUSINESS PLAN: In an attempt to attract more retail opportunities to the area, D.C., Maryland and Virginia have delegations in Las Vegas attending the International Council of Shopping Centers Convention, WTOP reports.

Local

Maryland Seeks \$965M for Child Health Care Fund

ANNAPOLIS, MD. | Maryland could get \$965 million in new federal money for children's health care over the next five years if Congress reauthorizes an expiring federal program and finds a way to pay for increased spending, according to a report released Monday by a consumer health group.

Discussions about reauthorizing the State Children's Health Insurance Program and finding another \$50 billion above current spending have been brewing for a big debate this summer in Congress. The money would have to come from new revenues or cuts in other areas.

Maryland is one of 14 states experiencing a shortfall this year in its program, said Secretary of the Maryland Department of Health and Mental Hygiene John Colmers. Maryland is due to run out of federal money from S-CHIP later this month. Maryland currently has about 106,000 children in S-CHIP. (AP)

The Lotteries

Monday, May 21

DISTRICT	
Mid-day Lucky N	umbers 5-6-3
Evening Lucky No	umbers 5-6-8
Mid-day DC 4	2-1-1-1
Evening DC 4	5-9-5-8
Rolling Cash Five	1-3-5-10-13
Daily 6	2-4-9-10-12-14 Bonus: 37

MARYLAN	D
Mid-day Pick 3	9-5-8
Evening Pick 3	5-0-9
Mid-day Pick 4	1-1-6-5
Evening Pick 4	0-7-4-5
Match 5	8-15-22-35-37 Bonus: 34

VIRGINIA Mid-day Pick 3 2-6-9 Evening Pick 3 (Sun.) 2-7-5 Mid-day Pick 4 3-6-7-7 Evening Pick 4 (Sun.) 3-3-3-8 Mid-day Cash 5 5-7-23-28-31 Evening Cash 5 (Sun.) 14-18-30-31-34

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Warming Exhibit Faced Hot Debate

Former official says Smithsonian softened details to avoid conflict

WASHINGTON | The Smithsonian Institution toned down an exhibit on climate change in the Arctic for fear of angering Congress and the Bush administration, says a former administrator at the museum.

Among other things, the script, or official text, of last year's exhibit was rewritten to minimize and inject more uncertainty into the relationship between global warming and humans, said Robert Sullivan, who was associate director in charge of exhibitions at the Smithsonian's National Museum of Natural History.

Also, officials omitted scientists'

interpretation of some research and let visitors draw their own conclusions from the data, he said. Graphs were altered "to show that global warming could go either way," Sul-

livan said. Smithsonian



Samper

officials denied that political concerns influenced the exhibit, saying the changes were made for reasons of objec-

tivity. Sullivan said that to his knowledge, no one in the Bush administration pressured the Smithsonian, whose \$1.1 billion budget is mostly taxpayer-funded. Rather, he said, Smithsonian leaders acted on their own. "The obsession with getting the next allocation and appropriation

was so intense that anything that might upset the Congress or the White House was being looked at very carefully," he said. For several years, all major exhibit scripts have had to be delivered to the central public relations office for review.

This is not the first time the Smithsonian has been accused of taking politics into consideration.

The congressionally chartered institution scaled down a 1995 exhibit of the restored Enola Gay, the B-29 that dropped the atomic bomb on Hiroshima, after veterans complained it focused too much on the damage and deaths.

Sullivan said the changes in the climate-change exhibit were requested by executives, including then-museum Director Cristian Samper and his boss, former Undersecretary for Science David Evans. He said several scientists whose work was used in the exhibit objected to the changes.

Samper, now acting Smithsonian secretary, said he was not aware of scientists' objections, and he emphasized there was no political pressure to change the script. "Our role as a museum is to present the facts but not advocate a particular point of view," Samper said in an e-mail.

"I remember them telling me there was an attempt to make sure there was nothing in there that would be upsetting to any politicians," said John Calder, a lead climate scientist at the National Oceanic and Atmospheric Administration who consulted on the project. "They're not stupid. They don't want to upset the people who pay them." BRETT ZONGKER (AP)

MT. VERNON | SOLDIERS BECOME CITIZENS



REWARDED FOR THEIR RISKS: U.S. Navy Petty Officer 3rd Class Reginald Cherubin, left, originally from Haiti, and Marine Gunnery Sgt. Brian Joseph, a native of St. Vincent, pledge allegiance during a ceremony to become U.S. citizens at a naturalization ceremony at Mount Vernon, Va., on Monday.

State Panel Investigates at Va. Tech

BLACKSBURG, VA. | Police met privately with a state panel investigating the April 16 Virginia Tech massacre for more than two hours on Monday give them a more indepth briefing on the events of April 16. Virginia State Police Superintendent Flaherty said such infor-

mation would not be made public until police meet with families of the victims.

The briefing was closed under provisions of the Virginia Freedom of Information Act that protect students' privacy and briefings by law enforcement agencies. (AP)

'Va. Jihad' Won't Go to High Court

WASHINGTON | Three Muslim men convicted for their role in what prosecutors called a "Virginia jihad network" will not have their case heard by the Supreme Court.

Prosecutors say the three men wanted to join the Taliban in Afghanistan.

The men were tried and convicted by a judge and say they are

entitled to a jury trial. The federal judge never assured two of the men they had a right to an impartial jury, the lawyer for the two said in asking the Supreme Court to take the case

Also, the judge failed to ensure that the third man was acting voluntarily when he waived his right to a jury trial, the lawyer said. (AP)



Money



DOW

13.65

OPEN THOSE WINDOWS: T-Mobile USA plans to launch the first cell phone in the U.S. to come with Microsoft's latest version of Windows Mobile, featuring improved handling of Office documents and communication with computers running Vista.

Saudi Group Buys GE Plastics Unit

NEW HAVEN, CONN. | General Electric Co. said Monday it will sell its plastics division for about \$11.6 billion in the latest move to reshape one of the world's largest companies.

GE said it would use the pro-

ceeds from the sale to petrochemicals manufacturer Saudi Basic Industries Corp. primarily to increase its planned 2007 stock buyback program.

Pittsfield, Mass.-based GE

Plastics supplies plastic resins to the automotive, health care and consumer electronics industries. It employs 10,300 people.

SABIC intends to grow the business globally and is not planning work force reductions, company officials said. (AP)

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MySpace Agrees To Release Data

Social networking site to share sex offender info with authorities

RALEIGH, N.C. | Faced with legal demands from state attorneys general, MySpace.com said Monday it will release data on registered sex offenders it has identified and removed from the popular social networking Web site.

The company, citing federal privacy laws, initially rebuffed a demand from North Carolina Attorney General Roy Cooper and colleagues in seven other U.S. states who last week asked for data on how many registered sex offenders are using the site and where they live.

MySpace agreed Monday to provide the information to all states after some members of the group filed subpoenas or took other legal actions to demand it. The compa-

ny said last week such efforts were required under the federal Electronic Communications Privacy Act before it could legally release the data.

"Different states are going about it different ways," said Noelle Talley, spokeswoman for Cooper, who filed a "civil investigative demand" for the information.

MySpace obtained the data from Sentinel Tech Holding Corp., which the company partnered with in December to build a database with information on sex offenders in the United States.

Mike Angus, MySpace's executive vice president and general counsel, said the company, owned by media conglomerate News Corp., had always planned to share information on sex offenders it identified and has already removed about 7,000 profiles, out of a total of about 180 million. MARGARET LILLARD (AP)

Market Action

New York Stock Exchange				NASDAU Stock Market					
Gainers stock	LAST	DAILY Change	DAILY PERCENT CHANGE	Gainers stock	LAST	DAILY Change	DAILY Percent Changi		
TRC Cos If	11.97	+1.60	+15.4	Luna Inno n	5.06	+2.06	+68.7		
AtlasEn n	35.45	+4.55	+14.7	Antignes	3.26	+.72	+28.3		
Skechers	34.11	+2.97	+9.5	Neuroch g	7.59	+1.58	+26.3		
Unif	2.92	+.25	+9.4	Cytyc If	43.00	+7.95	+22.7		
Visteon	8.76	+.74	+9.2	Iomai	4.30	13	-2.8		
Losers				Losers					
Saks	21.33	-1.36	-6.0	Cimatrn	2.81	85	-23.2		
Opteum	3.90	24	-5.8	Voxware	5.48	62	-10.2		
MetroPCS n	34.54	-2.04	-5.6	Imax Cp If	4.51	44	-8.9		
NovaStar	5.96	34	-5.4	CoActive	2.18	21	-8.8		
TxPac	209.05	-11.95	-5.4	GameTc	9.57	92	-8.8		

Rates			Currency (Dollars in foreign currency)					
	CURRENT	PREVIOUS WEEK		TODAY	PREVIOUS DAY	YEAR AGO		
Prime Rate	8.25	8.25	British Pound	.5076	.5065	.5325		
Fed Funds close	5.22	5.27	Canadian Dollar	1.0848	1.0900	1.1197		
3-month disc	4.775	4.73	European Euro	.7425	.7405	.7830		
2-year	4.79	4.71	Japanese Yen	121.46	121.15	111.66		
10-year	4.78	4.68	Mexican Peso	10.7669	10.8000	11.1815		
30-year	4.94	4.86	Taiwanese Dollar	33.47	33.48	31.90		

-0.10 13542.8		.80 8.79	+0.15 1525.10
Biotech :	Stocks		
STOCK	LAST	DAILY Change	YEAR TO DATE PERCENT CHANGE
Amgen	54.18	+.14	-20.7
Amylin	45.19	+2.69	+25.3
BiogenIdc	46.90	+.52	-4.7
Celgene	65.00	+.46	+13.0
ChRvLab	50.93	14	+17.8
GenProbe	53.12	+.82	+1.4
Genentch	77.17	11	-4.9
Genzyme	62.74	27	+1.9
GileadSci	82.70	32	+27.4
Imclone	39.25	24	+46.7
Invitrogn	73.10	+.53	+29.2
Medlmun	57.21	+.17	+76.7

-.07

+31.6

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

Financial compensation will be provided for participation.

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(TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov
or for other studies: www.clinicaltrials.gov





A group of Indy 500 drivers get a tour of the New York Stock Exchange on Monday.

S&P 500 Surges on Takeover Deals

NEW YORK | Wall Street reached another milestone during a muted session Monday, when the Standard & Poor's 500 index briefly passed its record close of 1,527.46 for the first time in more than seven years.

The S&P 500, considered by market professionals the best indicator of stock performance, surpassed the mark shortly after noon following a fresh spate of takeover deals. The broad market index has lagged the Dow Jones

industrial average in recovering from the prolonged stock slump earlier this decade.

The S&P 500 rose as high as 1,529.87, then edged back to 1,525.10, up 2.35, or 0.15 percent, as cautious investors locked in some profits from weeks of gains. The index's advance was driven by buying in non-technology sectors such as energy, materials, industrials and financials, S&P data showed. (AP)

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- Are between the ages 18-45

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Questions: Please check (√) yes or no	Yes	No
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Do you have a parent or sibling with diabetes?		
Do you have high blood pressure?		
Do you have high cholesterol?		
Are you overweight?		
Are you of African, Asian, Latin, or Native American ancestry?		
Have you had gestational diabetes?		
Have you had a baby who weighed more than 9 lbs at birth?		
Do you have polycystic ovary syndrome?		
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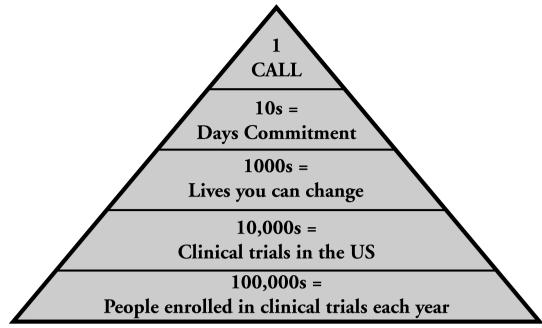
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		8	3	5	6		
2							1
8			4	7			6
		6			3		
7			9	1			4
5							2
		7	2	6	9		
	4		5	8		7	

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"My home isn't selling" problem WASHINGTON METRO - A Mr. Sanya states that the

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"Special Report" explodes what its author exposes as "The fact, the Report explains, in clear and plain English, how a can not only count on a sale within 120 days but can be guaranteed that the sale will

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— **Redskins running back Clinton Portis** to WAVY-TV in Virginia when asked about Michael Vick's alleged involvement in a dog-fighting ring at his home.



Sports

Williams Is Best Dish at the Table

Jazz point guard shows he can score as well as pass in Game 1

NBA PLAYOFFS | After seeing Utah's Deron Williams open the Western Conference finals with a career-best 34 points, San Antonio point guard Tony Parker vowed never to be so generous to his counterpart again.

Not on defense. At the dinner table.

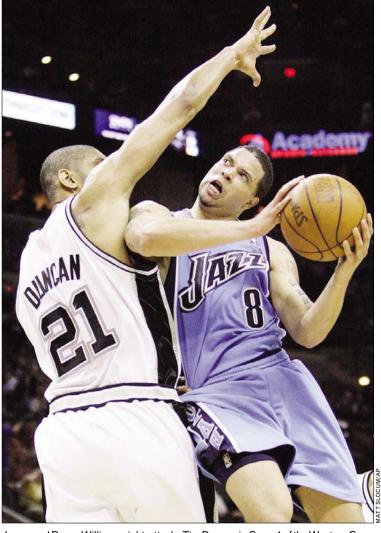
See, the night before the series began, Parker took Williams out for some fine French dining.

"If he's going to score like that, it's the last time," Parker said Monday, laughing. "I'm changing restaurants tonight — something bad."

Parker was able to joke about Williams' big game because his team won Game 1 on Sunday. Yet the way Williams played, and the way he powered a late comeback, has the Spurs wondering about a new strategy for Game 2 Tuesday night.

San Antonio's plan in the opener was to focus on slowing Williams' two prime passing options, All-Star forward Carlos Boozer and Mehmet Okur. The Spurs followed orders so well the duo was a combined 6-of-25 through three quarters, a big reason why San Antonio led by 16.

In the fourth quarter, Williams finally decided to make himself the



Jazz guard Deron Williams, right, attacks Tim Duncan in Game 1 of the Western Conference finals. Williams had 34 point in the loss, 18 of which came in the fourth quarter.

main scoring option. He scored 18 points in the period, helping Utah tighten things in the final minutes. The Jazz never really came close to winning, but they went away confident they can, regardless of what's now a 17-game losing streak in San Antonio and all the Spurs' championship experience.

"He's already become one of the best [point guards] in the league," San Antonio coach Gregg Popovich said of Williams, who is aver-

"After all the great plot lines of the NBA season ... we are left with Tim Duncan vs. Mehmet Okur, a Western Conference final that has the personality of a washcloth."

Mike Wise discusses whether fans prefer star power and acrobatics or sound team play | Today, Sports

The Washington Post

aging 17.8 points, 8.9 assists and 4.8 rebounds in his first postseason. "He just gets more and more comfortable every month or so. He grows in intelligence, as far as what's going on in the NBA, and his confidence level. He's got the body and the toughness and the skills. He's going to be one of the top point guards that we've had for a long time." JAIME ARON (AP)

Swengali

BASEBALL | BY MATT SWENSON

This 'Stuff' Will Plague Baseball

 $\begin{array}{l} \textbf{BASEBALL IS ON THE VERGE} \ of \ getting \\ what \ it \ deserves. \end{array}$

Last week, Jason Giambi admitted to and apologized for "using that stuff." And by stuff, the Yankees slugger, of course, means steroids.

Now come rumors that the Bronx Bombers may void Giambi's contract for however you'd like to describe that bizarre confession that really wasn't one.

There could be no better way to silence any potential informants in George Mitchell's ongoing steroids investigation than to take away millions from a high-profile player.

The irony is Giambi deserves punishment, but for the good of the game, that price should be his ruined reputation.

Giambi deserves punishment, but that price should be his ruined reputation.

On deck is yet an even bigger problem: Barry Bonds, who will never be caught red-handed for using that "stuff," especially if the Yankees follow through on this threat.

Commissioner Bud Selig is hemming and hawing about whether he'll attend Bonds' big night. Bond is only 10 homers away from tying the record set by Hank Aaron, who has made it clear what he thinks of Bonds by saying he certainly won't be there for what should be the greatest moment of this baseball generation.

The sport turned a blind eye for so long that it would rather take an intentional walk than witness the grandest of slams.

Home run No. 756 will be the steroids era's lasting legacy, a black eye that will never be lived down.

It will be the "stuff" of legends.

The Night Losing Finally Pays Off

The NBA draft lottery can make a genius out of league's worst GM

NBA | After all those losses — some of them suspected on purpose — there's finally a payoff.

Two of the NBA's worst teams will be rewarded at the draft lottery Tuesday, winning the chance to choose Greg Oden or Kevin Durant.

Representatives from 14 teams will be in Secaucus, N.J., hoping they earn the right to select another Tim Duncan or LeBron James, players who went No. 1 in the draft and now have their teams deep into the postseason.



A dominant 7-foot center, Greg Oden is one of the top prizes in the NBA draft.

"Someone is going to get very smart in a hurry," Nets president Rod Thorn said. "There is going to be a GM who all of a sudden becomes a guru and a coach that is going to be very good."

The Memphis Grizzlies, after finishing with a league-worst 22-60 record, have a 25 percent chance of landing the top pick. The Boston Celtics have a nearly 20 percent chance, and the Milwaukee Bucks will be looking to turn the league's third-worst record into their second lottery win in three years.

The Bucks took Andrew Bogut with the No. 1 pick in the 2005 draft and made the playoffs the following season, so they know the impact

one player can make.

With two potential franchise players heading this year's draft, there is more attention on the lottery than any year since James was the big prize in 2003. And there sometimes seemed quite a desire to be a part of it.

Intentional or not, those losses can come in handy with a bit of luck — or a lot of it. Just ask Pat Williams, who won the lottery with Philadelphia and followed it with three more victories in Orlando, earning the right to draft Shaquille O'Neal in one of them.

"Those L's, which are so gruesome during the season, they're beautiful in late May," the Magic's senior vice president said. "Those L's are gorgeous come springtime in Secaucus." BRIAN MAHONEY (AP)



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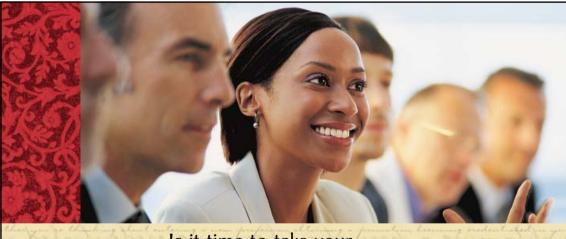
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Sports



New Capitals center Nicklas Backstrom chose to play in Sweden in 2006-07 after being drafted by Washington with the No. 4 pick. He put up 40 points in 45 games.

Backstrom Kicks Off the Offseason

Capitals sign former first-round pick to start the rebuilding process

CAPITALS | After a year of extra seasoning in his native Sweden, Nicklas Backstrom considers himself ready for the NHL. So do the Washington Capitals.

The 19-year-old center signed his three-year, entry-level contract Monday, then was given his No. 19 Capitals jersey in what the team says will be the first of several improvements this offseason.

"This is another part of our rebuilding plan," owner Ted Leonsis said at a news conference at the team's practice facility. "He is another part of the foundation of the new core of the Washington Capitals."

Backstrom, listed at 6 feet and 183 pounds, gives Washington a young forward to possibly pair with its two Russian wingers, 2005-06 Calder Trophy winner Alex Ovechkin and Alexander Semin.

The Capitals finished with 70 points and ranked 27th in the 30-team NHL each of the past two seasons, so Leonsis has vowed to improve this summer.

Those changes began with Backstrom, who was the fourth overall pick in the 2006 draft. Instead of joining Washington right away, he opted to remain in Sweden and play a third season for his club there, Brynas. Backstrom recorded his best statistics in 2006-07, with 12 goals and 28 assists in 45 games.

Does he have targets for the types of numbers he hopes to produce in the NHL?

"We'll see what happens," Backstrom said, smiling.

He said he thinks the more physical style of play here will require the biggest adjustment. And he has no regrets about waiting to sign with the Capitals.

"I'm a better player, and I grew also as a person, too," Backstrom said. HOWARD FENDRICH (AP) **CAN YOU BELIEVE ME NOW?** Brazilian soccer star Romario, 41, scored his 1,000th goal on Sunday, even though it took more than two months for the last one. His tally has already been revised several times for including goals in games that never happened and ones that ended 0-0.



Sports

Nats Fans Are Few, Far Between

As the team struggles, attendance continues to plummet at RFK

NATIONALS | Washington Nationals players notice it. Opponents, too.

Attendance at Nationals home games has dropped by more than a third from year 1 to year 3, leaving thousands of empty yellow and burgundy seats night after night at 46,000-capacity RFK Stadium.

Even last weekend's interleague series against Baltimore, a city located about a 45-minute drive away, drew a high of 30,661 fans on Saturday night. Friday night's announced turnout of 22,375 was deemed "pathetic" by Orioles outfielder Jay Gibbons.

"I can certainly understand it," right fielder Austin Kearns said when asked about the smaller crowds. "It's pretty well known that we're building for the future here."

Still, the slump in attendance has been rather dramatic, and doomsayers might wonder whether it reflects



LEG ROOM: A fan takes in a Nationals game against the Braves last week. The Nats are averaging just 22,044 fans per game, the fifth worst total in baseball.

a lack of interest in baseball in the nation's capital.

This is, after all, a town that twice lost major league franchises: The original Washington Senators

moved to Minnesota after the 1960 season, and the expansion Washington Senators left for Texas after the 1971 season.

"There's not one worry about that

from in this clubhouse," Nationals catcher Brian Schneider said. "We've had some smaller crowds, but we know they care."

There certainly was a lot of hoopla accompanying baseball's return to Washington in 2005, when the Montreal Expos moved south and became the Nationals. The team averaged 33,728 spectators for 81 home games at RFK Stadium, with its upper-deck seats painted in Redskins colors.

But a bit of that buzz has dissipated. The average fell to 26,581 last season. And in 2007, it's down to 22,044 — a 35 percent decline from 2005.

Washington ranks 25th of baseball's 30 clubs in home attendance, trailing only Tampa Bay, Florida, Kansas City, Pittsburgh and Cleveland.

"The real fans, they show up. The die-hards," Nationals left fielder Ryan Church said. "They're loud enough. When we get 17,000 or 18,000, they're still loud — the ones who are here." HOWARD FENDRICH (AP)

Landis' Results Were Flawed, Expert Testifies

CYCLING | A friendly witness for Landis testified on Monday he had grave concerns about the evidence being used to prove the Tour de France champion's positive doping test.

"I'm terribly sorry, but if someone's life depends on it, his career depends on it, you don't go on assumptions," said Wolfram Meier-Augen-



Landis

stein, an expert in the kind of testing that produced Landis' positive results for synthetic testosterone.

Landis contends that the testing method — chromatography — is responsible for unreliable results.

Meier-Augenstein's testimony came after Landis took the stand Saturday.

He was scheduled to return to the stand later Monday for what many expected to be a hostile crossexamination. EDDIE PELLS (AP)

Orioles Top Blue Jays In the Hall Exhibition

Minor league catcher takes MVP award after hitting a grand slam

BASEBALL | Minor leaguer Brian Bock hit a double and two home runs, including the first grand slam he could remember, to lead the Baltimore Orioles over the Toronto Blue Jays 13-7 Monday in the annual Hall of Fame Game.

In the home run derby prior to the game, Toronto's Vernon Wells outlasted teammate Alex Rios in sudden-death overtime.

The 61st edition of the game was the lone in-season exhibition in the majors. The event at Doubleday Field used to coincide with the Hall's induction weekend, but it became tougher to teams to play then.

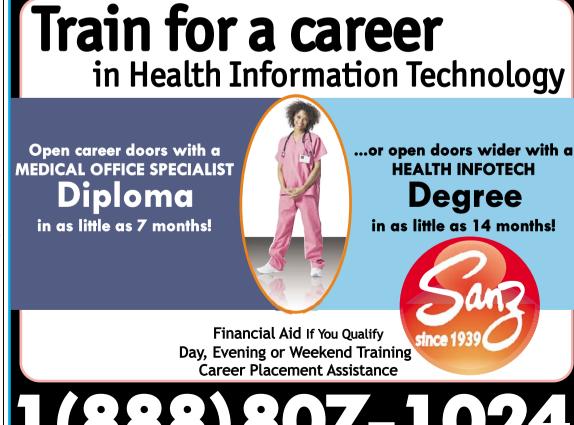
Baltimore and Toronto, separated by a half-game in the AL East,



Vernon Wells won the Hall of Fame home run derby in sudden-death OT.

begin a three-game series at Camden Yards on Tuesday night.

Bock was picked as MVP of the game just hours after learning he would start at catcher. He's hit just one home run in eight games for the Frederick Keys of the Class A Carolina League.



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Sports



GETTING JIGGY WITH IT: Goalie Jean-Sebastien Giguere has made 36 saves in each of the last two games — both Ducks wins.

Jiggy Gets Wake-Up Call

Ducks goalie has saved 72 shots since getting battered in Game 3

HOCKEY PLAYOFFS | Jiggy woke up after Game 3 of the Western Conference finals and knew he had to play better.

"The 5-0 game, I got toiletpapered at my home by Red Wings fans, so I thought, T've got to raise my level here," Anaheim Ducks goalie Jean-Sebastien Giguere said. Since that lopsided loss, when he gave up three goals on 13 shots before being pulled in the second period, Giguere certainly has raised his playing level.

Evoking memories of 2003, when he was the playoffs' MVP as Anaheim reached the Stanley Cup finals for the first time, Giguere has stopped 36 shots in each of the past two games to help the Ducks take a 3-2 lead over Detroit in the West finals.

Giguere ran his mark in overtime playoff games to 12-1 with Anaheim's 2-1 victory in Game 5 in Detroit on Sunday, his second extra-time win of the series.

"Jiggy played fantastic for us," defenseman Chris Pronger said.

Another Ducks blue-liner, Sean O'Donnell, said Giguere is able to rise to the challenge.

"I think Jiggy is one of those players; once the stakes get higher, you either kind of crumble under the adversity or you raise your game and things seem to slow down for you," O'Donnell said. KEN PETERS (AP)

TODAY'S TV LINEUP

NATIONALS (7:10 P.M. ON MASN) Matt Chico settled down when he pitched last Thursday. He gets another shot against Cincinnati on Tuesday.

ORIOLES (7 P.M. ON MASN2) The Orioles host the Blue Jays with Steve Trachsel getting the start.

MYSTICS (7:30 P.M. ON ESPN2) Sacramento is at Washington for a nationally televised WNBA game.

NBA PLAYOFFS (9 P.M. ON ESPN) Utah gets another shot at stealing one from San Antonio in Texas in the Western Conference finals.

HOCKEY PLAYOFFS (9 P.M. ON VERSUS) It's win or go home for the Red Wings, who are down 3-2 against the Ducks.

MLB STANDINGS

THROUGH MAY 20'S GAMES

AMERICAI	N LE	AG	UE			
EAST	w	L	PCT.	GB	HOME	ROAD
Boston	30	13	.698	-	16-7	14-6
Baltimore	20	24	.455	10.5	12-8	8-16
N.Y. Yankees	s 19	23	.452	10.5	10-9	9-14
Toronto	19	24	.442	11.0	12-11	7-13
Tampa Bay	18	25	.419	12.0	11-12	7-13
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Cleveland	26	15	.634	_	16-4	10-11
Detroit	27	16	.628	-	13-7	14-9
Chicago	21	19	.525	4.5	9-9	12-10
Minnesota	20	23	.465	7.0	10-13	10-10
Kansas City	17	28	.378	11.0	7-14	10-14
WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	27	18	.600	_	17-6	10-12
Oakland	22	21	.512	4.0	11-12	11-9
Seattle	19	20	.487	5.0	12-11	7-9

17 27 .386 9.5 10-10 7-17

NATIONAL LEAGUE EAST W L PCT. GB HOME ROAD .651 26 18 .591 2.5 13-7 13-11 Philadelphia 22 22 .500 6.5 I3-I0 9-I2 21 23 .477 7.5 10-11 11-12 Washington I6 28 .364 I2.5 II-I3 5-I5 CENTRAL L PCT. GB HOME ROAD Milwaukee 27 17 .614 - 17-7 10-10 Houston 2I 22 .488 5.5 II-I2 IO-IO 20 22 .476 6.0 10-12 10-10 Pittsburgh 19 24 .442 7.5 9-14 10-10 16 25 .390 9.5 7-11 9-14 St. Louis 17 27 .386 10.0 8-12 9-15 L.A. Dodgers 25 19 .568 - 13-8 12-11 San Diego 24 20 .545 I.O I2-8 I2-I2 24 21 .533 1.5 12-9 12-12 San Fran. 2I 22 .488 3.5 II-IO IO-I2 18 26 .409 7.0 10-13 8-13



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BROCKOVICHIAN: Julia Roberts will produce and star in a movie about wildlife conservationist Joan Root. The British national was murdered in her Kenya home in 2006 by opponents to her work in the Lake Naivasha area.



COMBAT ROCK: Joe Strummer's life, death and music are dissected and celebrated in the biography "Redemption Song."

Death or Glory

A new Joe Strummer bio gives a detailed look at the Clash's king

BOOK | There was a time when the Clash, the brilliant British quartet that blended politics with punk rock, was (quite properly) billed as "The Only Band That Matters."

A new biography about lead singer Joe Strummer explains why —

along with much, much more about the band, the times and the charismatic front man who died at age 50, leaving an inestimable musical influence.

"Redemption Song: The Ballad of Joe Strummer" starts slowly, with British music journalist Chris Salewicz providing a first-person account of his reaction to Strummer's death. There may be an "I" in biography, but it's unnec-

essary in the writing.

And then Salewicz, a longtime Strummer associate and chronicler of the punk scene, quickly settles into his groove and stays there, his words as vivid as the lyrics to "London Calling." The author spent more than three years and conducted more than 300 interviews for the project, and it shows: Details abound, providing fresh glimpses into the Strummer persona, along with those that

preceded it, including a phase in which he took the name Woody

— as in folkie Guthrie.

Salewicz details Strummer's childhood and family background, delving into the suicide of the singer's elder brother, an event that colored the rest of the rocker's life.

There's a recounting of Strummer's ascension from living in a squat to playing in a pub rock band (the 101'ers) to the Clash opening for the Who before a sold-out Shea Stadium. The band's 1977-84 run, including an abrupt end after the chart-topping success of "Combat Rock," is painstakingly covered.

And Salewicz avoids turning "Redemption Song" into a hagiography: Strummer's womanizing, drinking and drug use are addressed, along with his ill-conceived decisions to fire Clash drummer Topper Headon and writing partner Mick Jones — the musical equivalent of George Steinbrenner trading away Jeter and A-Rod.

But Strummer returned in the 1990s with a new band, the Mescaleros, to make some of the most challenging music of his career — a more adventurous world sound that introduced him to a new generation of listeners. His untimely death in 2002 denied Strummer the chance to add additional chapters to his legacy — and this biography.

"Redemption Song" may not be the "Only Biography That Matters" when it comes to the Clash or its singer, but Salewicz comes close enough with his compelling tale of Strummer's too-short life.

LARRY MCSHANE (AP)



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THE ROSEBUDS

Citizen Carolina's Finest

North Carolina indie rockers the Rosebuds began as a cheery pop trio, went nihilistically free-form for a bit and then crept back earlier this year with the shimmering "Night of the Furies." With carefully constructed hooks, the Rosebuds have found a beautiful blend of delicate and moody synth pop.

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The Stars Have Been Released

Rufus Wainwright reaches deep into his grand operatic soul

MUSIC | Rufus Wainwright says he set out to make a stripped-down, straightforward record, but his penchant for theatrical songcraft just couldn't be submerged.

Indeed, his latest CD, "Release the Stars" (Geffen), is downright operatic from the start: lead-off track "Do I Disappoint You" resonates with the plucked strings of violins, dramatic flourishes from woodwinds and a full-on brass crescendo as the song nears its end.

The CD doesn't get any lower key from there. It's a glorious tangle of excess as Wainwright indulges himself on a dozen songs about friends, lovers and contemporaries. A simple piano intro on "Nobody's Off the Hook" soon swells with pastoral orchestration, and busy strings chase other through "Tulsa" as Wainwright sings in a vibrato as



'STARS' POWER: On his bright new CD, Rufus Wainwright belts it like Pavarotti.

of reflection on "Going to a Town," which mourns intolerance in American life, and he sings from the perspective of someone whose beauty is mistaken for character and soul on "Do I Disappoint You." Mostly, though, the CD feels like

lush as his musical arrangements.

He permits himself a moment

the equivalent of an idyllic summer garden party, where the host is charming and the music is ver-

ON 👸

Entertainment



Ian Somerhalder stars as the Venetian explorer who, accompanied by assistant, Pedro (B.D. Wong), opened Asia to the West.

The Silk Road

Explorer Marco Polo's adventurous life as deluxe docudrama

TV | Ian Somerhalder has long been fascinated with the Far East.

"Places call you," said the 28year-old actor. "Usually, the Virgin Islands call people. China was calling me."

Which is why Somerhalder, not seen on TV since his fateful end in the first season of "Lost," took the role of the most famous Westerner to travel the Silk Road in the Hallmark Channel's "Marco Polo," airing at 8 p.m. on June 2. The three-hour movie about the 13th-century Venetian trader's odyssey through Asia is loosely based on the explorer's celebrated chronicles, "The Travels of Marco Polo."

In the film, Somerhalder plays the young, wide-eyed adventurer who accompanies two priests on a mission to convert Mongol conqueror Kublai Khan (played by Brian Dennehy) to Christianity. But the priests turn back during the journey, unconvinced that China even exists.

Eventually, Polo forges ahead through treacherous mountains and blinding desert blizzards to reach the fabled land where he is accepted as a confidant in Khan's court, dis-

Marco Polo spent more than 20 years exploring Asia before returning to Europe.

covering, among many things, the delicacies of ice cream and pasta, as well as the advantages of paper currency and a postal system.

Accompanied by his servantcum-companion, Pedro (B.D. Wong), Polo spent more than two decades exploring the region, before returning to Europe to write his tale that continues to be one of the most important travelogues in history.

"This guy of Anglo-Saxon

decent walking through places like Afghanistan, it's a surprise that he didn't get killed in his first month," Somerhalder said. "But the thing is, you always know what he did and what he saw, but you never know how he felt about it. He never talked about himself or his feelings, and he never judged anyone, which I think is pretty incredible."

Shooting on location last summer in temperatures of 110 degreesplus and high humidity turned out to be an adventure all its own.

"I lost 20 pounds in eight weeks shooting this movie," he said. "The horses would lay down with their saddles on and pass out — we'd have to pour water all over them."

Like Polo, Somerhalder shares a similar wanderlust. "I've had these feelings since I was a kid," said Somerhalder, whose father entertained his young son with tales of his travels in the military during the Vietnam War. "Ever since I can remember, I've wanted to travel to new cities, new hotel rooms. I should have been a damn rock star."

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Adv. Tix on Sale MR. BROOKS (R) - ID REQ'D ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S

SHREK THE THIRD (PG) DIG
430 500 530) 630 700 730 800 900 930 1000 1030

GEORGIA RULE (R) - ID REQ'D DIG (115) 715

228 WEEKS LATER (R) - ID REQ'D DIG (125 405) 640 915
THE EX (PG-13) DIG (1225 250 520) 755 1020
SPIDER-MAN 3 (PG-13) DIG (1220 1250 120 150 310 340 410 440

510) 620 650 720 750 820 940 1010 1040

Adv. Tix on Sale KNOCKED UP (B) - ID REQ'D *

OC & DA: GEORGIA RULE (R) - ID REQ'D DIG

SALON (PG-13) DIG DELTA FARCE (PG-13) DIG

FRACTURE (R) - ID REQ'D DIG

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Adv. Tix on Sale KNOCKED UP (R) - ID REQ'D *

Adv. Tix on Sale KNOCKED UP (R) - ID REQ'D ★
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28 WEEKS LATER (R) - ID REQ'D DIG (1205 235) 510 735 1010
GEORGIA RULE (R) - ID REQ'D DIG (1205 235) 510 735 1010
SPIDER-MAN 3 (PG-13) DIG (1210 1235 100 130 215) 315 345 415
THE INVISIBLE (PG-13) DIG (1215 245) 520 755 1020
FRACTURE (R) - ID REQ'D DIG (1215 245) 520 755 1020
FRACTURE (R) - ID REQ'D DIG (1240) 410 725 1055
DISTURBIA (PG-13) DIG (1220 250) 525 810 1040

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Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S

END (PG-13) ★ DELTA FARCE (PG-13) DIG SEORGIA RUI F (R) - ID REO'D DIG

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Adv. Tix on Sale MR. BROOKS (R) - ID REQ'D ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S

700 730 815 945 1015 1030 (115 445) 745 1020 (300 530) 800 1030

FRACTURE (R) - ID REQ'D DIG DISTURBIA (PG-13) DIG ARE WE DONE YET? (PG) DIG

Adv. Tix on Sale MR. BROOKS (R) - ID REQ'D ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S
END (PG-13) ★
Adv. Tix on Sale KNOCKED UP (R) - ID REQ'D ★

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8 WEEKS LATER (R) - ID REQ'D DIG (210 500) 745 1010

EORGIA RULE (R) - ID REQ'D DIG (115 415) 715 1000 PIDER-MAN 3 (PG-13) DIG (1230 100 130 345 415 445) 700 730

FRACTURE (R) - ID REQ'D DIG DISTURBIA (PG-13) DIG Times For 5/22/07

HAOT FUZZ (R) - ID REO'D DIG 705 95: DISTURBIA (PG-13) DIG (205 445) 725 100: MEET THE ROBINSONS DIGITAL 3D- \$2.50 FEE FOR 3D (G) DIG

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END (PG-13) *

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END (PG-13) ★

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230 300 320 340 400 430 500 530 550) 610 630 700 730 800 820 840 900 930 1000 1030 BELTA FARCE (PG-13) DIG (1210 310) 635 910 28 WEEKS LATER (R) - ID REQ'D DIG (1150 150 250 440 540) 750

THE EX (PG-13) DIG (1140 240 520) 810 1025 GEURGIA RULE (R) - ID REQ'D DIG
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THE INVISIBLE (PG-13) DIG 650 940
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ROCKVILLE CENTER STADIUM 13

Adv. Tix on Sale MR. BROOKS (R) - ID REQ'D ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) ★

Adv. Tix on Sale KNOCKED UP (R) - ID REQ'D *

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DELTA FARCE (PG-13) DIG Daily Bargain Matinees In () OC= Open Captioned DA= Descriptive Audio Available

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Adv. Tix on Sale MR. BROOKS (R) - ID REQ¹D ★
DIGITAL PROJECTION: SPIDER-MAN 3 (PG-13) DIG (1230 345)

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930 1030 (115 400) 715 1000 RACTURE (R) - ID REQ'D

DISTURBIA (PG-13) (1250 340) 650 950 GERMANTOWN STADIUM 14 20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale MR. BROOKS (R) - ID REQ'D ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S

END (PG-13) ★
Adv. Tix on Sale KNOCKED UP (R) - ID REQ'D ★

SHREK THE THIRD (PG) DIG ★ (1200 1230 130 200 230 300 400 430 500 530) 630 700 730 800 900 930 1000 1030 SPIDER-MAN 3 (PG-13) DIG (1230 100 130 200 345 415 445 515)

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UA SNOWDEN SQ STADIUM 14

Adv. Tix on Sale MR. BROOKS (R) - ID REQ'D ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S
END (PG-13) ★
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530) 630 700 730 800 900 930 1000 1030 DELTA FARCE (PG-13) DIG (100) 28 WEEKS LATER (R) - ID REQ'D DIG GEORGIA RULE (R) - ID REQ'D DIG

SPIDER-MAN 3 (PG-13) DIG (1230 100 130 200 315 345 415 445 515) 630 700 730 800 830 1015

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Adv. Tix on Sale MR. BROOKS (R) - ID REQ'D ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S

AGV. 1/X ON Safe PIRATES OF THE CARIBBEAN: WORLD'S END (Ge-13) x 6 KNOCKED UP (R) - ID REQ'D ★
SHREK THETHIRD (PG) DIG ★ (1130 1200 1230 130 200 230 300 400 430 500 530) 630 700 730 800 900 930 1000 1030 DELTA FARCE (PG-13) DIG (1235 250 510) 745 1015 28 WEEKS LATER (R) - ID REQ'D DIG (120 410) 715 945 GEORGIA RULE (R) - ID REQ'D DIG (120 425) 945 925 SPIDER-MAN 3 (PG-13) DIG (1145 1215 100 145 315 345 415 450) 640 720 750 830 985 1025

640 720 750 830 955 1025 (335) 950 (1220) 650 (115 355) 740 1010 THE INVISIBLE (PG-13) DIG

THE INVISIBLE (PG-13) DIG
HOT FUZZ (R) - IO RECYD DIG
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SHREK THE THIRD (PG) 2:45, 5:30, 8:15, 10:35 SHREK THE THIRD (PG) 1:00, 1:45, 2:15, 3:15, 3:45, 4:30, 5:00, 5:55, 6:30, 7:15, 7:45, 8:45, 9:15, 10:00, 10:30

28 WEEKS LATER (R) 2:35, 5:05, 7:35, 10:00 28 WEEKS LATER (R) @ @ 2:35, 5:05, 7:35, 10:00 **DELTA FARCE (PG13)** 7:20, 9:40

THE EX (PG13) 3:05, 5:25, 7:50, 10:10 GEORGIA RULE (R) 1:40, 4:25, 7:10, 9:50

SPIDER-MAN 3 (PG13) 1:30, 2:00, 3:00, 3:30, 4:15, 4:45, 5:15, 6:45, 7:00, 7:30, 8:00, 8:30, 10:15, 10:45 THE INVISIBLE (PG13) 2:50, 5:20, 8:05, 10:35

NEXT (PG13) 2:55. 5:35. 8:10. 10:35 FRACTURE (R) 2:10, 4:55, 7:40, 10:20 HOT FUZZ (R) 2:20, 5:10, 7:55, 10:40 DISTURBIA (PG13) 2:05, 4:40, 7:25, 9:55

MEET THE ROBINSONS (G) 1:35, 4:10

LOEWS GEORGETOWN 14 3111 K Street, N.W.

SPIDER-MAN 3 (PG13) 12:45, 4:00, 7:15, 10:30 **SHREK THE THIRD (PG)** ✓ 12:50, 1:10, 1:40, 2:25, 3:10, 3:45, 4:10, 4:55, 5:40, 6:15, 6:45, 8:15, 8:45, 9:20, 10:05, 10:45 28 WEEKS LATER (R) 1:45, 4:15, 6:40, 9:15 THE EX (PG13) 2:30, 4:50, 7:10, 9:35

GEORGIA RULE (R) 2:00, 4:40, 7:20, 10:00 SPIDER-MAN 3 (PG13) 1:30, 4:45, 8:00 SPIDER-MAN 3 (PG13) @ 3:15, 6:30, 9:45 FRACTURE (R) 2:20, 5:05, 7:50, 10:40

HOT FUZZ (R) 1:15, 4:05, 7:00, 9:55 AMC SELECTA

WAITRESS (PG13) 2:10, 4:50, 7:35, 10:15 AWAY FROM HER (PG13) 🗸 2:20, 5:00, 7:45, 10:35

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SHREK THE THIRD (PG) / 12:15, 2:00, 2:45, 4:30, 5:15, 7:00,

28 WEEKS LATER (R) 5:15, 7:45 DELTA FARCE (PG13) 5:10, 7:30 **GEORGIA RULE (R)** 4:25, 7:00

SPIDER-MAN 3 (PG13) 12:00, 1:00, 3:30, 4:15, 6:45, 7:30,

NEXT (PG13) 5:30, 7:50 ARE WE DONE YET? (PG) 5:20, 7:35 BLADES OF GLORY (PG13) 5:45, 8:00

LOEWS RIO CINEMAS 18

DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 2:20, 4:40, 7:10, 9:30

SHREK THE THIRD (PG) ✓ 1:00, 1:30, 2:00, 2:30, 3:00, 4:05, 4:30, 5:00, 5:30, 6:05, 7:00, 7:30, 8:00, 8:30, 9:00, 10:00, 10:30 SHREK THE THIRD (PG) © / 12:40, 3:30, 6:30, 9:30 28 WEEKS LATER (R) 1:10, 3:40, 6:10, 8:50 **DELTA FARCE (PG13)** 12:45, 3:00 THE EX (PG13) 5:30, 7:45, 10:10 GEORGIA RULE (R) 2:10, 4:45, 7:30, 10:10

SPIDER-MAN 3 (PG13) 12:40, 1:20, 1:50, 2:40, 3:20, 3:55, 4:25, 5:15, 5:45, 6:40, 7:10, 7:40, 8:20, 9:10, 9:50, 10:20 FRACTURE (R) 1:35 4:15 7:25 10:05 DISTURBIA (PG13) 1:25, 3:50, 6:20, 8:50

AMC SELECT

THE NAMESAKE (PG13) 1:45, 4:30, 7:20, 10:00 SPECIAL ENGAGEMENT No passes or dis

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DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 2:15, 4:40, 7:15, 9:45

SHREK THE THIRD (PG) / 1:10, 1:35, 2:00, 2:25, 2:50, 3:15, 3:40, 4:05, 4:30, 4:55, 5:20, 5:45, 6:10, 6:35, 7:00, 7:25, 7:50, 8:15, 8:40, 9:05, 9:30, 9:5

9:09, 9:30, 9:35 28 WEEKS LATER (R) 1:55, 4:35, 7:10, 9:45 DELTA FARCE (PG13) 1:05, 3:25, 5:40, 8:05, 10:15 THE EX (PG13) 2:05, 4:25 THE EX (PG13) 2:05, 4:25 GEORGIA RULE (R) 1:30, 4:20, 7:10, 10:00 SPIDER-MAN 3 (PG13) 1:00, 1:40, 2:20, 2:45, 3:30, 4:10, 4:50, 5:30, 6:00, 6:40, 7:20, 8:00, 8:40, 9:10, 9:50

3.30, 0.00, 0.40, 7.20, 0.00, 0.40, 3.10, 5.30 SPIDER-MAN 3 (PG13) □ □ □ □ 1.40, 4.50, 8.00 THE INVISIBLE (PG13) 2:10, 4.45, 7:30 FRACTURE (R) 7:00, 9:40 HOT FUZZ (R) 10:05 PM DISTURBIA (PG13) 1:45, 4:15, 7:05, 9:40

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DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 1:55, 4:30, 7:00, 9:25

SHREK THE THIRD (PG) 1:05, 1:45, 2:20, 3:00, 3:35, 4:15, 4:50, 5:30, 6:05, 6:45, 7:20, 8:00, 8:35, 9:15, 9:50, 10:20 28 WEEKS LATER (R) 2:25, 5:00, 7:30, 10:25

DELTA FARCE (PG13) 5:15, 9:55

GEORGIA RULE (R) 2:30, 5:05, 7:50, 10:25 SPIDER-MAN 3 (PG13) 1:15, 2:00, 2:50, 4:25, 5:10, 6:00, 7:35,

SPIDER-MAN 3 (PG13) © 3:40, 6:50, 10:00 THE INVISIBLE (PG13) 2:45, 7:30 FRACTURE (R) 1:10, 3:50, 6:30, 9:05 DISTURBIA (PG13) 2:10, 4:40, 7:10, 9:40

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SHREK THE THIRD [PG] 12:35, 12:45, 1:30, 3:00, 3:15, 4:00, 5:30, 5:45, 6:30, 8:00, 8:15, 9:00, 10:20
28 WEEKS LATER (R) 12:50, 3:15, 5:50, 8:10, 10:25
DELTA FARCE (PG13) 12:40, 3:00, 5:20

THE SALON (PG13) 7:50, 10:20 SPIDER-MAN 3 (PG13) 12:30, 1:15, 2:30, 3:30, 4:30, 5:50, 6:50, 7:35, 9:20, 10:00, 10:25

0.500, 7.50, 9.20, 10.00, 10.23 THE INVISIBLE (PG13) 1:20, 4:20, 7:10, 9:50 DISTURBIA (PG13) 2:10, 5:00, 7:30, 10:15 PERFECT STRANGER (R) 1:40, 4:50, 7:30, 10:05 ARE WE DONE YET? (PG) 1:00, 3:10, 5:40, 7:40, 10:10

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PROVOKED - A TRUE STORY (NR-NOT RATED) 4:30, 7:30 LUCKY YOU (PG13) 4:00, 7:00

IN THE LAND OF WOMEN (PG13) 7:50 BLADES OF GLORY (PG13) 5:10, 8:10 MEET THE ROBINSONS (G) 5:00, 8:00 BREACH (PG13) 4:40, 7:40

THE NAMESAKE (PG13) 4:40, 7:40

THE NAMESAKE (PG13) 4:10, 7:10

LOEWS DUPONT 5

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GEORGIA RULE (R) 4:30, 7:30 THE HIP HOP PROJECT (PG13) 3:00, 5:15, 8:00

THE VALET (PG13) 3:15, 5:30, 7:45

YEAR OF THE DOG (PG13) 4:00 THE NAMESAKE (PG13) 4:15, 7:15

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W. 1-800-FANDANGO #713

SPIDER-MAN 3 (PG13) 2:00, 5:00, 8:00

AMC TYSONS CORNER 16 7850 Tysons Corner Center 703-998-4262

SHREK THE THIRD (PG) ✓ 1:00, 3:25, 6:05,

SHREK THE THIRD (PG) \(\square\) 12:30, 1:30, 2:00, 2:30, 3:00, 4:00, 4:30, 5:00, 5:30, 6:30, 7:00, 7:30, 7:55, 9:00, 9:30, 9:55, 10:20 28 WEEKS LATER (R) 12:45, 3:10, 5:35, 8:05, 10:30 **DELTA FARCE (PG13)** 3:10, 7:50 GEORGIA RULE (R) 1:15, 4:25, 7:20, 10:05 SPIDER-MAN 3 (PG13) 12:35, 1:10, 1:40, 2:10, 2:40, 3:45, 4:15. 4:45. 5:15. 5:45. 6:45, 7:15, 7:45, 8:15, 8:45, 9:45, 10:15, 10:45 SPIDER-MAN 3 (PG13) © © 3:15, 6:15, 9:15 THE INVISIBLE (PG13) 12:40, 5:25, 10:00 FRACTURE (R) 1:20, 4:05, 7:05, 9:40

AMC RIVERTOWNE 12

DISTURBIA (PG13) 12:55, 3:20, 5:40, 8:10, 10:35

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd. 703-998-4AMC

SHREK THE THIRD (PG) ✓ 4:30, 7:20 28 WEEKS LATER (R) 5:00, 8:05 THE SALON (PG13) 5:45, 8:15 SPIDER-MAN 3 (PG13) 4:30, 5:00, 7:30, 8:00 KICKIN' IT OLD SKOOL (PG13) 4:50, 7:40 NEXT (PG13) 5:40, 8:00 VACANCY (R) 5:30, 8:00 **DISTURBIA (PG13)** 4:40, 7:45 PERFECT STRANGER (R) 4:35, 7:10 ARE WE DONE YET? (PG) 4:20, 7:20

MEET THE ROBINSONS (G) 5:45, 8:10

AMC MAZZA GALLERIE

Jenifer and Wisconsin 202-537-9553

SHREK THE THIRD (PG) ✓ 2:00, 2:45, 4:30, 5:15, 7:00, 7:45 28 WEEKS LATER (R) 2:50, 5:10, 7:30 GEORGIA RULE (R) 1:50, 4:40, 7:20 FRACTURE (R) 2:10, 4:50, 7:25 IN THE LAND OF WOMEN (PG13) 2:40, 5:00, 7:10

BLADES OF GLORY (PG13) 3:20, 5:40, 8:00 AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd. 703-998-4AMC

SHREK THE THIRD (PG) ✓ 2:30, 3:15, 5:00, 5:45, 7:30, 8:15, 10:00, 10:45

28 WEEKS LATER (R) 2:35, 5:10, 7:20, 9:40 THE EX (PG13) 2:40, 4:50, 7:10, 9:20 NEXT (PG13) 3:00, 5:20, 7:40, 9:50 FRACTURE (R) 3:40, 6:50, 9:30 HOT FUZZ (R) 4:00, 7:50, 10:30 BLADES OF GLORY (PG13) 2:25, 4:40, 7:00, 9:15

LOEWS SHIRLINGTON 7

2772 South Randolph 703-671-0910 801

THE HOAX (R) 4:10

-AMC SELECT WAITRESS (PG13) 1:40, 2:20, 4:20, 5:00, 7:10, 7:50

AWAY FROM HER (PG13) 2:10. 4:40. 7:20 THE VALET (PG13) 2:00, 4:50, 7:30 YEAR OF THE DOG (PG13) 1:30, 7:00 THE NAMESAKE (PG13) 1:20, 4:30, 7:20 THE LIVES OF OTHERS (R) 1:50, 4:40, 8:00

LOEWS WHITE FLINT 5 North Bethesda

1-800-FANDANGO #741

SHREK THE THIRD (PG) 2:00, 4:30, 7:00 **GEORGIA RULE (R)** 2:10, 4:35, 7:05 SPIDER-MAN 3 (PG13) 1:45, 4:30, 7:25 FRACTURE (R) 2:05, 4:40, 7:10 IN THE LAND OF WOMEN (PG13) 2:15, 4:35, 7:15

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Television



CRIME PAYS: James Ellroy's memoir, "My Dark Places," about the murder of his mother, is getting the Hollywood treatment — but let's hope it's more "L.A. Confidential" than "The Black Dahlia." Another Ellroy book, "White Jazz," is being made into a movie starring George Clooney.

Achy-Breaky TV

'Dancing With the Stars' attracted a big crowd — somewhere

NOT HERE | TV critics can't help getting choked up at the end of another television season. There are so many new shows, and so few make it to graduation. I imagine it's like the feeling a grammar school teacher has at the end of a school year. Oh, "Heroes," I knew you could make it! You, too, "Ugly Betty"! "Jericho," you showed so much promise. What happened? Too bad about "Vanished"; it just didn't make the grade. Ditto "Happy Hour" and "The



DANCING WITH THE ALMOST STARS: "Dancing" hosts mug & hug for finale.

Nine." Who can forget "Smith"? OK, everybody did.

While intoxicated with the spirit of pomp and circumstance, I have a confession to make: I've gone a whole season without watching "Dancing With the Stars" (9 p.m., ABC), the hit contest that concludes tonight with a two-hour results show.

I have nothing against "Dancing" and certainly don't feel above the show or its legion of faithful fans. So, why do I feel so guilty and yet so happy about skipping it? Maybe it was the inclusion of Heather Mills, or the notion of watching John Ratzenberger dance, or enduring yet another show with Billy Ray Cyrus. Watching him on "Hannah Montana" more than fulfills my achy-breaky quota.

ON TV TONIGHT

BYE-BYE, WE HARDLY KNEW YE VERONICA MARS (8 p.m., CW) ends its run with the two-hour series finale. It's a show that had few viewers but received much media attention. But, eventually, even the coolest show has to find an audience apart from critics.

STILL, VOTE FOR SANJAYA! It comes down to Blake and Jordin on AMERICAN IDOL (8 p.m., Fox).

CARRIE FISHER = THE NEW PAULA? Fox will use the ratings boost from the penultimate episode of "American Idol" to promote the summer series **ON THE LOT** (9 p.m., Fox). The brainchild of director Steven Spielberg and producer Mark Burnett, "The Lot" aims to be an "Idol" for filmmakers. A dozen would-be directors will compete every week, creating



Carrie Fisher and director Brett Ratner practice saying, "Absolutely dreadful."

short movies in different genres, and every week the home audience gets to vote for their favorite movie. The judges include actress/author Carrie Fisher, producer/director Brett Ratner and TV and movie veteran Garry Marshall.

2.07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
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VUSA 9	News (N) (CC)	Evening News	News	Entertainment	NCIS "Angel of Dea	ath" O CC	"Jesse Stone: Sea	Change" (2007) Tom 5	Selleck. Premiere. O	च्ट ं	News (N) (C)	Late Show
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VETA 26	BBC World News	Business Rpt.	The NewsHour Wit	h Jim Lehrer (N)	Nova "Mystery of th	e Megaflood" O	In Search of Myths	and Heroes ()	Frontline "A Hidder	Life" (PA)	Charlie Rose (N)	[00]
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ISNEC	Tucker		Hardball 🕮		Countdown With K	leith Olbermann	Scarborough Count	try	To Catch an ID Th	ief The crime of identit	y theft.	
MC	** "Death Hunt"	(1981, Adventure) Char	les Bronson, Lee Man	vin, 'R' 🚾	*** "Papillon" (1	973, Suspense) Steve I	McQueen. Safecracker	and counterfeiter try	Devil's Island escape	. 'PG'	*** "Escape Fro	n Alcatraz" PC
CM	(5:15) * * * "How t	he West Was Won" (1	962) Carroll Baker. 'G'	(DVS)	**** "Red River	" (1948, Western) John	Wayne, Montgomery (Clift 'NR'	(:15) * * * "El Dora	ado" (1967, Western) Jo	ohn Wayne, Robert M	tchum, 'NR'
ВО	(5:00) * * "Because	of Winn-Dixie"	REAL Sports With	Bryant Gumbel ()	* * "The Family S	tone" (2005) Dermot N	Autroney, 30	Bury My Heart	The Sopranos "Th	e Second Coming"	Entourage ©©	The Break-U
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HOW	(5:15) * * "Judge D		* * * "Capote" (200				The Tudors (iTV) He		Penn & Teller	* "10th and Wolf" (
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мс	(:10) * * "Frances"	(1982, Biography) Jess	sica Lange, Kim Stanle	v. Premiere. O 'R' icc		** "Jiminy Glick i	n Lalawood" (2004) N	fartin Short, 'R'	** "The Honeym	ooners" (2005) Cedric	he Entertainer.	Beyond the S

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JOBS

Entertainment Department Positions (2) USO World Headquarters Arlington, VA

USO, non-profit org. serving military members & their families seeks to fill two positions in the Entertainment dept. The dept. coordinates celebrity tours for the troops to boost morale. The positions are Entertainment Assistant & Coordinator, Entertainment Both provide a wide range of support to the department. The Assistant works closely with the Director of Celebrity Recruitment to provide administrative support in all aspects of celebrity recruitment, while the Coordinator works with the Director of Entertainment to coordinate entertainment related activities in prep of four related materials related activities, ie, prep of tour related materials

Minimum requirements:

Assistant: Bachelors degree preferred, admin exp may be substituted; previous exp in admin support role; strong proficiency in MS Office to include PowerPoint, Excel, & Access; demonstrated ability to be proactive, manage multiple tasks & meet deadlines; excellent written & verbal communication skills; strong customer service & professional phone manner.

Coordinator: Bachelors degree required; exp. managing multiple tasks & projects that are deadline driven; extremely proficient in MS Office, database management; ability to work flexible hours as needed; strong organizational skills.

Send resumes & salary reqs. no later than 5/25 to: jobs@uso.org or fax to 703-908-6401. No phone calls please. E/O/E. AA.

Floral Designer

Full Time; Exp req; Hi-volume retail a plus; Apply in person to: Johnson's Florist & Garden Center 4200 Wisconsin Ave., NW (Entrance on Van Ness St.)

ATTENTION HOTEL STAFF

Looking for catering / banquet work outside of a hotel environment?

Outside of a note environment?

Nixon Peabody LLP, one of the largest multi-practice law firms in the U.S., is seeking a customer-focused Hospitality Coordinator for its Washington, D.C. office. Reporting to the Office Services Manager, individual will coordinate conference room set ups, catering service requests, housekeeping, and inventory supply. Qualified applicants must possess a high school diploma, minimum of 5 years experience in a hotel/banquet or meeting/conference facility setting, and proficiency in MS Word. Dependable self-starter with strong attention to detail and ability to juggle multiple tasks a must. Strong interpersonal communication skills, professional demeanor, and ability to lift 30 pounds required. Law firm experience and flexibility to work overtime as necessary a plus. Hours are 8:00 a.m. - 4:30 p.m. Interested applicants should send resumes to dresumes@nixonpeabody.com

dcresumes@nixonpeabody.com
Reference job title in the subject line.
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The Army and Navy Club
of Washington,DC is currently accepting resumes
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Please email your resume to
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Min 5 yrs, CFC certified. 401K, health ins. company truck, comission, pd vac. Call 301-779-2824 for details.

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JOBS

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W/exper. for downtown DC agency. Nr Metro.
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\$9 per hour to start

Paid Training-Medical benefits available after 90 days flexible schedules-Must be over 18, dependable, with reliable transportation and communication means. Year-round positions available. (703)941-9883 for VA (301)918-3543 for DC & MD

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American Disposal, Manassas, VA. \$600/week to start. Call 703-368-0500

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LOAN OFFICERS — EAP G.

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Send a cover letter and resume to talentsearch@washpost.com. Subject line: MPEXP/JT

The Washington Post

MARKETING COORDINATOR

KidsPeace National Centers (www.kidspeace.org) seeks Marketing Coordinator for a multistate market, which includes Washington DC & Maryland regions. Responsibilities include providing overall coordination of referral development activity to meet the needs of clients in their region. Position requires direct & indirect supervision of additional staff who perform marketing functions in their region. Bachelor's degree & 3-5 yrs, marketing experience in Human Service field required. Excellent leadership, communication skills & heavy travel are required. Apply at www.kidspeace.org (Jobs), email resume to scott.schwartz@ kidspeace.org, or fax to (610) 391-8280.

Classifieds

JOBS

Maintenance Worker

Bethesda based rehabilitation program, has an immediate full- time opening for aMaintenance worker. Must have own tools and transportation. Police backgroundCheck is required upon hire. Please send resume to: Helen Gillespie at: heleng@stlukeshouse.com

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Marketing
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Work with pro NFL/NBA/MLB sports teams. Positions in Sales, mgmt & mktng. Professional image a must. Will train. Up to \$800-\$1000/wk. Melissa, 571-633-2330 www.skyhighmktginc.com

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Medical Biller. Orthopedic surg. pract. in Bethesd seeks FT Biller. Medical Mgr. exp. pref. Compet. benes w/pd. prkg. Email res./cvr ltr.: cgrasmeder@bcc-ortho.com or fax: 301-897-8597
MEDICAL - Clinical Supervisor for Arlington int Med prac. Must have excellent clinical skis & 2 yrs supervisory exper in med ofc. Temp-to-Perm. To \$17/hr. Fax MSA 703-921-3861.

MEDICAL JOBS — Temp & Temp-to-Perm in physician ofcs. Ltg for Med Asst & Med Recept w/2 yrs exper. Montgomery & Fairfax Co's. Fax MSA 703-921-3861.

MESSENGER/OFFICE ASST- bike deliveries-\$8.50/hr - Apply in person Mon-Fri, 8am - 4pm, 1323 RI Ave NW DC

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No fights, no writes. Exper. riecess. Opscale bout-tique within upstairs private optometric office. 18th and K St. Fax 202-331-8533.

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Monitor up to 22 consumers, provide health assessments & referrals. Provide teaching & feedback to counseling staff. Req. Nursing degree from accredited school of nursing, elig. for, or current VA RN lic.; successful compl. of FBI criminal records check, child abuse registry & pre-empl. drug test. Prefer bilingual (Eng/Span). \$41,747-\$69,078 w/ Benefits. Apply at www.alexandriava.gov REF #MNH-7-1502 703-838-4485. EOE/AA
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Restaurant

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www.millican-assoc.com call 954-963-1771. Excellent pay and benefits.

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Bar Louie is opening in Gallery Place!! We are a hip, neighborhood tavern, with great food, ice cold beer and artfully concocted cocktails. Hiring all positions for the front and back of house. Servers, Bartenders, Line Cooks, Hosts, Buspersons, Dishwashers and Managers! We offer a fun work environment and plenty of room for advancement. Please apply in person, Tuesday-Saturday, 10am-7pm. 701 7th St. NW www.barlouieamerica.com!

FIVE GUYS

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express

A publication of The Washington Post

Photo Assistant

Express, the Washington Post Co.'s free commuter daily, seeks an individual with expert knowledge of Photoshop, a familiarity with current events and a passion for photojournalism to fill the position of Photo Assistant.

The Photo Assistant will assist editors in choosing images from wire services, will process photos for publication using Photoshop and may perform basic design or photo studio tasks. This position is a great opportunity for those eager to begin a career in the newspaper industry.

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Qualified individuals with photography or photo editing background please submit a resume, cover letter and salary reqs.: expressdesign@readexpress.com. Applications can also be sent to Express. P.O. Box 17370, Arlington, VA, 22216, attn. Photo Job. Sales

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ANNOUNCEMENTS

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Acura 2004 TSX—\$17495, excellent cond, 58k mi, Black ext, Cream (Beige) int, 4 dr, htd seats, mnrf, tinted w, 2404632903 Audi 2003 A4—\$24500, mint cond, 67k mi, Silver

ext, Red leather int, loaded, tiptronic trans., sports seats, halogen lights, mechanically flawless,

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eagle 1995 faion—151AWD 53200 dob, well maint engine, runs great, eye catching car, 122k mi, call today: 703-780-0218
FORD '01 TAURUS—4dr, auto, 67k mi, MD insp, all power, AC, airbags, alloy wheels, good condition, \$4800/obo. 301-577-2674
FORD '94 AEROSTAR SPORT—Current inspection,

FORD '93 TAURUS—SW, Auto, Loaded, only 112k, \$1300. 202-744-7187
FORD '86 Crown Vic—Superb cond, Loaded, Irg eng, 65K orig mi, must see to apprec. \$6500/obo. Must Sell. 703-759-7311.

Harley Davidson 2005 Road King Custom—518, 000 obo, mint cond, still new,972 original miles, sun glo blue, paid 24,000 have all receipts, garaged, too many toys, no time to ride 202-320-5576

Honda 2001 Civic—57000 obo, great cond, clean, new timing belt! 117k mi (highway) green ext, 4 dr EX, mnrf, 703-430-2436

Jaguar 1999 XK8—\$15500.00 obo, good cond, 85k mi, blue ext, 2 dr conv, mem seats, htd seats, lthr int, 3017851773

Jeep 1998 Wrangler—\$3000 obo, mint cond, 45k mi, Green ext, Green int, 2 dr, mem seats, htd seats, thtr int, 434-460-0008 FOR MORE INFO PLEASE CONTACT MEATE-MAIL: mike furness@yahoo.com JUNK VEHICLES REMOVED FREE CASH PAY FOR SOME 202-714-9835 Mercedes-Benz 1989 SL-Class—5605L Burgundy convertible with hard top, Tan Ithr int, EXC cond, MB maintained, garage kept, 86k mi, \$14,900, 703-965-2353 Mercury 1998 Villager—\$6900, mint cond, 98k mi, Green ext, Gray int, 3 dr, Ithr int, Dual AC, 6 CD, alloy wheels, 703-403-1720 (Evening) Toyota 2003 Tacoma—\$16,999 obo, 55k mi, Silver ext, Gray int, 4 dr, alloy wheels, cd/cass/xm radio, 202-549-0920

VESPA '06 Gran Turissimo—Classic Mint green; upgraded Ithr seat & 2 matching helmets, only 21 test mis. \$4750/obo. Call 202-492-3681



TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Dolphins, Elvis, fruit at Miss Universe | 35



Kiss Off: Fallout from Gere's trip to India **36**

Team USA: Noth OK with 'L&O' move | 34

Technology

The man who created the first cell camera is awed by its impact

The chilling sounds of gunfire on the Virginia Tech campus; the hateful taunts from Saddam Hussein's execution; the racist tirade of comedian Michael Richards.

Those videos, all shot with cell phone cameras and seen by millions, are just a few recent examples of the power now at the fingertips of

It's had a massive impact because it's just so convenient. ... It's amazing."

PHILIPPE KAHN. CAMERA INVENTOR

the masses. Even the man widely credited with inventing the camera phone in 1997 is awed by the cultural revolution he helped launch.

"It's had a massive impact because it's just so convenient," said Philippe Kahn. "There's always a way to capture memories and share it. You go to a restaurant, and there's a birthday and suddenly everyone is getting their camera phones out. It's amazing."

If Kahn feels a bit like a proud father when he sees people holding up their cell phones to snap pictures, there's good reason: He jury-rigged the first camera phone while his wife was in labor with their daughter.

"We were going to have a baby and I wanted to share the pictures, with family and friends," Kahn said, "and there was no easy way to do it."

So, as he sat in a maternity ward, he wrote a crude program on his laptop and sent an assistant to a RadioShack store to get a soldering iron, capacitors and other sup-

plies to wire his digital camera to his cell phone. When Sophie was born, he sent her photo over a cellular connection to acquaintances around the globe.

A decade later, 41 percent of American households own a camera phone "and you can hardly find a phone without a camera anymore," said Michael Cai, an industry analyst at Parks Associates.

Market researcher Gartner Inc. predicts that about 589 million cell phones will be sold with cameras in 2007, increasing to more than 1 bil-

lion worldwide by 2010.

Mix in the Internet's vast reach and the growth of the YouTube generation, and the ubiquitous gadget's influence only deepens and gets more complicated. So much so that the watchful eyes on all of us may no longer just be those of Big Brother.

"For the past decade, we've been under surveillance under these big black and white cameras on buildings and at 7-Eleven stores. But the candid camera is wielded by individuals now," said Fred Turner, an assistant professor of communications at Stanford University.

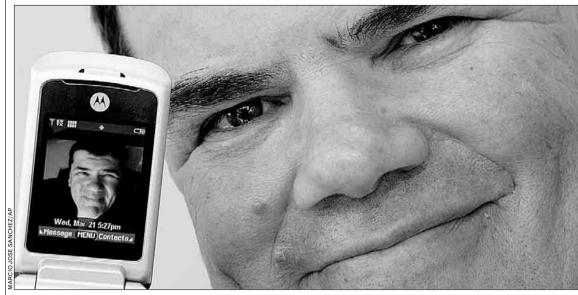
Kahn, 55, is well aware of how the camera phone has been put to negative uses: sneaky shots up women's skirts, or the violent trend of

Philippe Kahn set up the first camera phone while his wife was giving birth.

"happy slapping" in Europe where youths provoke a fight or assault, capture the incident on camera and then spread the images on the Web or between mobile phones.

But he likes to focus on the technology's benefits. It's been a handy tool that has led to vindication for victims or validation for vigilantes.

As Kahn heard the smattering of stories in recent years about assailants scared off by a camera phone or criminals who were nabbed later because their faces or their license plates were captured on the gadget, he said, "I started feeling it was better than carrying a gun." MAY WONG (AP)



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Dell Lapton C600 P3 20GB CD-Rom NIC &

Dell Laptop C610 P3 CDRW NIC & 56K



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Wireless Up in the Air

Technology

Once touted as the future, Wi-Fi projects are now in jeopardy

A \$3 million plan to blanket Lompoc, Calif., with a wireless Internet system promised a quantum leap for economic development: The remote community, hit hard by cutbacks at nearby Vandenberg Air Force Base, would join the 21st century with cheap and plentiful high-speed access.

Instead, nearly a year after its launch, Lompoc Net is limping along. The central California city of 42,000 has only a few hundred subscribers to the service — far fewer than the 4,000 needed to start repaying loans from the city's utility coffers.

Lompoc isn't alone. Across the United States, cities are finding their Wi-Fi projects are costing more and drawing less interest than expected, leading to worries

I will be surprised

if the majority of these are successful and they do not prove to be drains on taxpayers' money."

MICHAEL BALHOFF, EX-ANALYST

that a number will fail.

"They are the monorails of this decade: the wrong technology, totally overpromised and completely undelivered," said Anthony Townsend, research director at the Institute for the Future.

About 175 U.S. cities or regions have citywide or partial wireless networks, and a similar number are planning them, according to Esme Vos, founder of the industry Web site MuniWireless.

Because systems are just coming online, it's premature to say how many or which ones will fail under current operating plans, but the early signs are troubling.



Michael Weinberg checks a Wi-Fi node on a rooftop in Portland, Ore., on Monday.

'I will be surprised if the majority of these are successful and they do not prove to be drains on taxpayers' money," said Michael Balhoff, former telecom equity analyst with Legg Mason Inc. "The government is getting into hotly contested

The vendors remain confident despite technical and other problems. Chuck Haas, MetroFi Inc.'s chief executive, said Wi-Fi networks are far cheaper to build than cable and DSL, or broadband over phone lines.

In Lompoc's case, officials say construction was delayed about a year once they realized wireless antennas had to be packed more closely together. Then the city learned that its stucco homes have a wire mesh that blocks signals, making Internet service poor or nonexistent indoors without extra equipment.

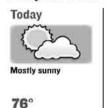
But more importantly, just as Lompoc committed to the network, cable and telephone companies arrived with better equipment and service, undercutting the city's offerings.

"It seemed like we announced we were going to do this and that, and the next day we got trucks from the providers doing this and that, when we've been asking for years and nothing ever happened," Lompoc Mayor Dick DeWees said.

Lompoc's backers, though, still claim success, "even if the whole network were to be written off tomorrow," said Mark McKibben, Lompoc's former wireless consultant.

"Prices dropped and quality of service went up," he said. "That's the way a lot of cities look at it. They don't look at business profits and losses. They see it as a driver for quality of life." ANICK JESDANUN (AP)

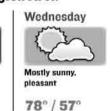
5 Day Forecast for the Washington Area



Regional Weather

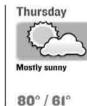






Baltim 76/52

Washington, DC

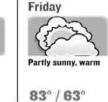


Almanac

Temperature

Normal high

Normal low





82° / 64°

D.C. Metro: Today, mostly sunny. High 76. Tonight, mostly clear. Low 57. Wednesday, mostly sunny. High 78. Thursday, mostly sunny. High

Regional Forecast

Average humidity

recipitation	
24 hours ending 4 p.m	0.00"
Month to date	1.45"
Normal month to date	2.58"
Year to date	. 13.49"
Last year to date	. 10.96"
Normal year to date	. 14.79"

Washington, D.C., through 4 p.m. Mon.

washingtonpost.com/weather

Sun and Moon

Sunrise today	5:50 a.m.
Sunset tonight	8:19 p.m.
Moonrise today	II:31 a.m.
Moonset today	1:17 a.m.

First	- 1
	6
4	1
May 23	M







National Weather for Tuesday, May 22 -I0s

70s

National Cities World Cities Today Hi/Lo/W Wed. Hi/Lo/W Today Hi/Lo/W City Atlanta City Amsterdam 70/56/s Boston 67/50/s Athens 77/66/0 84/60/p 81/58/c 57/37/pc 57/37/pc 82/70/t 82/64/1 Dallas Ruenos Aires Calgary 59/45/pc 86/72/s 87/74/s Duhlin 72/58/pc 84/74/t Los Angele Geneva 83/59/pc 82/73/t 86/67/pg 85/66/t 66/49/pc

Forecasts and graphics provided by AccuWeather, Inc. @2007

Styles L





Miss Dominican Republic and Miss Brazil both looked to nature; Miss USA was Elvis-inspired and Miss Canada took to the ice.

Universal Gear she took the stage in a dress of flowers in the green, red and yel-

Pageant contenders strut their country's stuff in Mexico City

Dresses adorned with butterfly wings, dolphins, electric guitars and corn on the cob were onstage in downtown Mexico City on Sunday as the 2007 Miss Universe pageant contestants put on a fashion show reflecting their nations' customs and traditions.

Thousands of spectators packed the capital's main drag, Reforma Avenue, to gaze at the striking, slinky and, in some cases, bizarre costumes worn by the hopefuls to win the beauty pageant, which will be held here May 28.

One of the most elaborate outfits was worn by Miss Brazil, Natalia Guimaraes, who shouldered huge wings to represent butterflies' migration in the South American nation.

Miss Bolivia, Jessica Jordan Burton, also drew applause when low of her national flag.

But the loudest cheer was saved for Miss Mexico, Rosa Maria Ojeda, whose dress was decorated with a montage of Mexican food, including corn on the cob and tropical fruit, and symbols of pre-Hispanic cultures.

Ojeda's original dress was revised, after critics said its bullet-laden belts and sketches of hangings in reference to Mexico's 1926-1929 Cristero War were too violent.

Other contestants displayed more modern traditions.

Miss USA, Rachel Smith, showed the United States' love for rock 'n' roll, dressing in an Elvis Presley-style white suit and clutching an electric guitar.

A dreadlocked Miss Jamaica. or Zahra Redwood, the first Rastafarian to compete for the beauty prize, went for a reggae theme with a T-shirt of singer Bob Mar-



ley and a cloak of a lion.

And Inga Skaya wore an ice hockey uniform to represent Canada's favorite sport.

Several contestants from seafaring nations selected marine



LAURA ANGELICA VASQUEZ. SPECTATOR

themes. Miss Denmark, Zaklina Sojic, dressed like a mermaid. And Miss Dominican Republic, Massiel Taveras, shouldered two dolphins and sea plants.

"These are authentic costumes. They show the features of each country," said Laura Angelica Vasquez, 33, who traveled 100 miles from the central Mexican town of Tula to watch the show.

Others in the crowd came to protest: A group of women wore white dresses splashed in fake blood, donning sashes proclaiming them Miss Juarez, Miss Atenco and Miss Michoacan in reference to places in Mexico where women have been raped

"We are not against this event," said Miss Atenco, who would only give her first name, Mariana. "But we are here representing what our country wants to hide: that they kill and rape women."

IOAN GRILLO (AP)

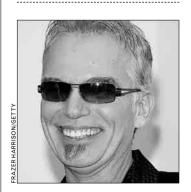
Beauty



Begone, Foul Mascara!

We're sure that there are women who wash, exfoliate, tone and moisturize their face every day before going to bed. We're just not one of them. Which is why we enjoy Benefit's new GEE. THAT WAS QUICK makeup remover(\$19,benefitcosmetics.com). Used on eyes, the oil-free formula felt weirdly cold. On the face, it took off the day's gack easily and well on the first pass, with no lingering tightness. KRISTEN PAGE-KIRBY (EXPRESS)

Auctions



Clear Eyes, Full Hearts

We really wouldn't run anything else on celebrity charity auctions, except this one is too awesome to be believed. The **GRAMMY CHARITY ONLINE MAY AUCTION** (through May 24, ebay.com/grammy) offers an "In the Recording Studio with Billy Bob Thornton VIP Experience." You could ask him to do Carl's voice from "Sling Blade." You could ask to see the vial of Angelina's blood. You could do all sorts of things! There's other stuff, too, and the proceeds benefit MusicCares. Which is good, too. Plus, "Bad Santa"! к.р.к.



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ENTERTAINMENT

Media in the Arts

Today, television is taken for granted as a basic commodity of modern life. Yet to John Hanhardt, a curator at the Smithsonian American Art Museum, it's so much more — it's an art form. Express caught up with him before his lecture at the Smithsonian American Art Museum on Tuesday. | ONLINE NOW





SIGHT SCENE

Boring Borf

Last weekend's exhibit "The Consolation of Ruin," hosted by the artsy-revolutionary Borf Brigade, did not exactly leave Express' Clinton Yates with the feeling of righteous rebellion he expected. Find out the details at readexpress.com. ONLINE NOW

Washington Water Works

Express' Michael Grass has always been consumed with engineering feats, and D.C.'s great aqueduct certainly qualifies. Most residents know very little about the city's main water vein, which is more than a century old, because it's underground. Learn more at readexpress.com. | COMING UP



comment board

Of course we're too pessimistic. For all of our flaws, our nation still has freedoms and prosperity unparalleled in many portions of the world. Our foreign policy isn't the only thing setting world public opinion against us; many view us as spoiled whiners, and there is some truth in that criticism."

COMMENTER STEVEN CARR, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "ARE AMERICANS TOO PESSIMISTIC ABOUT THE COUNTRY?



It's easy to be optimistic if you can afford to put hundreds of dollars of gas into your ginormous SUV and if you don't have any family or friends in danger of being called to serve in Bush's war."

COMMENTER RED DOG. ADDING "AMERICANS WEAR RUNDERS ABOUT WHAT'S REALLY GOING ON IN THEIR OWN COUNTRY, NOT TO MENTION THE WORLD. AS LONG AS [IT DOESN'T] AFFECT THEM."

poll center

TODAY'S QUESTION

Who should win this year's "American Ídol"?

1. Blake

2. Jordin

YESTERDAY'S RESULTS

Are Americans too pessimistic about the country?







"Wouldn't it be amazing if she actually started singing live for all performances from now on? Whoa ... let's not get too wrapped up in crazy talk."

TRENT.BLOGSPOT.COM ON BRITNEY SPEARS' WEEKEND PERFORMANCES AT THE HOUSE OF BLUES IN ORLANDO, WHERE SHE REPORTEDLY WAS DOING DECENT LIVE SHOWS



"[The GOP] could lose the Hispanic vote for a generation, despite their natural constituency of the Republicans."

CAPTAINSQUARTERSBLOG.COM WAS ON A CONFERENCE CALL WITH SEN. JOHN MCCAIN. WHO WARNED THAT THE IMMIGRATION DEBATE COULD TURN THE LATINO VOTE AWAY FROM THE REPUBLICANS.

particularly interesting given the mix of his experience, diverse background and position as governor of a key western swing state. POLIHACK.COM ASSESSES THE CANDIDACY

"RICHARDSON'S candidacy is

OF NEW MEXICO GOV. BILL RICHARDSON FOR THE 2008 DEMOCRATIC NOMINATION FOR THE WHITE HOUSE.

"IT DOES APPEAR that an effort a few years back to block cell phone companies from establishing towers. and, thus, service, in the park must have failed, because I saw a couple of fools riding their bikes while using their phones."

DCALEX.BLOGSPOT.COM NOTES THAT CELL PHONE SIGNALS CAN PENETRATE THE INTE-RIOR OF ROCK CREEK PARK.

"JUST LIKE ANY other media, reading ... and research don't go away. But microtargeting in itself is not evil; it's not taking away any privacy. It's merely a tool ... that can motivate people to buy or vote."

YELLOWISTHECOLOR.WORDPRESS.COM **EXAMINES VOTER RESEARCH TECHNIQUES**

Live Online

Kiss Just a Kiss?

SHANTI KUMAR, of the University of Texas, was online Monday to discuss the changing culture of India and the backlash relating to Richard Gere's kissing Indian actress Shilpa Shetty.

Do you think the reaction of the Hindu right to the Gere-Shetty kissing incident is part of a larger reaction against global secular society and its values? Has the increasingly sexualized global media created conditions ripe for conservative elements to exploit?

You raise a very important issue about the connection between globalization and the ways in which global media culture is being exploited by religious conservative movements around the world. While the increasingly sexualized global media culture may create conditions for conservative elements to exploit, the same global media culture also provides the avenues for the more "liberal" elements to question and counter the conservative elements in society.

Do you think the fact that Gere is a Westerner fueled the reaction?

Yes, but not just because he is a Westerner. The fact that Gere is a big-time Hollywood actor had a lot to do with the controversy as well.

I think the problem with Gere is that he was so over-the-top blatant with his actions that it seemed like he didn't care about another culture or country's rules.

Yes, Gere's actions may have seemed over the top to many in India. But as Emily Wax says in her article, there are many different opinions about this issue in India. Those who protested and filed the cases in the courts are only one small segment of the society.

TODAY ON LIVE ONLINE: Washington Post staff writer

David Brown will examine if modern medicine could have saved Abraham Lincoln at noon | washingtonpost.com/liveonline



RULE THE ROADS. The future of a key, six-year transportation project to improve traffic in Virginia may hinge on a 7:30 p.m. hearing Wednesday at the Fairfax Government Center. Public comments will be heard. Form an educational option (www.nvta.org) and shape the way the roads are built.

Bizarro | Dan Piraro



Cornered | *Mike Baldwin*



"No, I said go knock yourself out."

Pooch Cafe | Paul Gilligan









Pearls Before Swine | Stephan Pastis





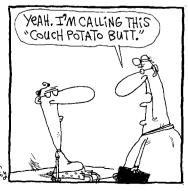




The Duplex | Glenn McCoy







Horoscope

By Stella Wilder

GEMINI (May 21-June 20) You'll enjoy greater honesty and openness in a special relationship. Much depends on your willingness to make concessions.

CANCER (June 21-July 22) Now is not the time to insist that things be done solely according to your rules. You're going to want to compromise, surely, for a friend.

LEO (July 23-Aug. 22) You'll be feeling quite jovial and high-spirited during the first part of the day. Later on, you'll have to work to avoid a minor depression.

VIRGO (Aug. 23-Sept. 22) You are everything someone else wants you to be and more. The problem, of course, is that you may not know who this other person is

LIBRA (Sept. 23-Oct. 22) You must strive to be tolerant of all those who would experiment. Don't succumb to the temptation to say no again and again.

SCORPIO (Oct. 23-Nov. 21) You'll have little reason to quarrel, but there are those who want to engage in something other than routine conversation. Be ready.

SAGITTARIUS (Nov. 22-Dec. 21) Some people are expecting things to be chaotic, but you know how you can keep things very much under control. Share your optimism with others.

CAPRICORN (Dec. 22-Jan. 19) You may be concerned about money, but you'll have little reason to think you have to make any dramatic changes in your lifestyle.

AQUARIUS (Jan. 20-Feb. 18) You can count on some fireworks, especially if you insist on continuing with a course of action that others have already objected to directly.

PISCES (Feb. 19-March 20) You're in the mood to do things on your own, without having anyone watching over your shoulder. Take care you don't multiply any dangers.

ARIES (March 21-April 19) You may be feeling restless. You're feeling the need, also, to get back in touch with something out of your past.

TAURUS (April 20-May 20) You may be working with conflicting issues, and, as a result, you're not likely to be in the best mood. Recovery can be swift, however.

Letters

Ancestry Talk Is Offensive

THE RECENT INTRIGUE over Barack Obama's gift of eloquence ("Obama Ancestor Traced to Ireland," May 17) smacks of the "same ole, same ole" that he's probably always encountered. Do you even understand how offensive the claim sounds? It's as if you might actually think you're onto some discovery (citing Ancestry.com, no less) and can simply compartmentalize one aspect of his character and then fully attribute it to the part of his ancestry that is European. Which part(s) of Obama's character should we attribute to his African ancestry?

> -ROBERT WILHITE Washington, D.C

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1907 Actor-director Laurence Olivier is born in Dorking, Surrey, England.

1969 The lunar module of Apollo 10 flies to within nine miles of the moon's surface in a dress rehearsal for the first lunar landing.

1992 After a reign of nearly 30 years, Johnny Carson hosts NBC's "Tonight Show" for the

The remains of Chandra Levy, the federal intern who disappeared a year



Ed McMahon and Carson sign off in 1992.

earlier, are found in a D.C. park.

2006 The Department of Veterans Affairs says The Department of personal data, including Social Security numbers of 26.5 million veterans, was stolen from a VA employee after he took the information home without authorization.



LOOK People



"Wearing a big name tag shows that I am really one with the proletariat."

MORE PAIN

New Orleans Wonders What It Did to Deserve This

Regis Philbin and KELLY RIPA, who brought their daytime talk show to New Orleans last weekend, helped assemble playground equipment Monday at an elementary school damaged by Hurricane Katrina. "Live With Regis and Kelly" will be in New Orleans through Wednesday. (AP)

SLOW NEWS DAY

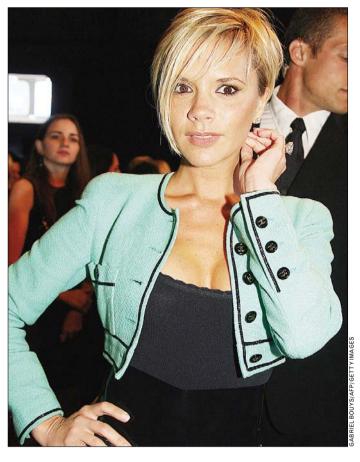
Trial of Little-Known TV Actor Continues

Former "Prison Break" actor Lane Garrison pleaded guilty Monday to



vehicular manslaughter and drunken driving in a crash last year that killed a teenage passenger. Garrison,

26, faces up to six years and eight months in prison when he is sentenced in August. He remains free on \$100,000 bail. He was driving a Land Rover on Dec. 2 when he lost control and rammed a tree. (AP)



EMPLOYMENT

Posh Finally Lands a Gig in L.A.

VICTORIA BECKHAM, Cameron Diaz, Lindsay Lohan and Robin Williams are among the stars set to present "golden popcorn" trophies at the 2007 MTV Movie Awards. Other famous faces expected at the June 3 ceremony include Jessica Biel, Mandy Moore, Bruce Willis and John Krasinski, MTV announced Monday. They will join previously announced presenters Samuel L. Jackson, Jessica Alba, John Travolta and Shia LaBeouf. Sarah Silverman will host the show. (AP)

RETIREMENT

Noth Plans To Ride This Train to the Roundhouse

CHRIS NOTH of
"Law & Order:
Criminal Intent" is
looking on the bright
side of an unusual deal that next
season puts the drama on the USA
cable channel ahead of its NBC airing. "Cable is probably the future.
They're paying a lot more attention to it [the show] than NBC did.

He doesn't care if it's on public access, frankly.

frankly," Noth said. The network had scheduled it against tough competitors "Dancing

With the Stars" and "House," he said. The move could also put "Criminal Intent," part of NBC's "Law & Order" franchise, in a different and more favorable light, Noth said. (AP)

ORANGINA?

Was He Out of Snapple?

A charge against former Creed front man **SCOTT STAPP** stemming from a confrontation with his wife was reduced to a misdemeanor. Stapp had been charged with aggravated assault with intent to commit a felony after he was arrested Sunday in Boca Raton, Fla. The judge reduced the charge "because the allegation is that Stapp threw a bottle of Orangina at his wife, at her head, and missed and the bottle broke," sheriff's spokesman Paul Miller said. (AP)



Scott is thrilled to have a bright future on many "Starz Behind Barz" posters.

1 A 7 Y

He Prefers to Refer to It As 'Exercise in a Bottle'

sylvester stallone was formally convicted Monday of importing restricted muscle-building hormones into Australia and ordered to pay \$10,651 in fines and court costs. The actor failed to show he had a valid prescription for dozens of vials of human growth hormone found in his luggage. (AP)



His hair reeked of midlife crisis and gel.

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ACROSS

1 Selling point 6 Tipsy 10 With the wherewithal 14 The Gold Coast, now 15 4,047 square meters

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DOWN

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3 Ratted 4 They can be

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7 Hardly aregarious 8 Gets the picture 9 Where the buck

stops 10 Expand upon 11 Regatta entrants 12 Tightly twisted cotton thread

13 Old sleep inducer 18 "To the max" indicator 19 Lentil sauce

23 Shoemaker's tools 24 Make a fielding error

26 Breezed through, as an exam 27 Sauce brand

28 Divisions of ioules 29 Bit of marital

friction 31 Dark, poetically

33 Wee hour 34 They may be against vou 36 Gerund maker 37 A Brady boy 38 Not occurring naturally 39 Open worms 40 Group of badgers 42 What belongs to us 46 Plural contraction 48 Some equines 49 Escape the notice of

17 20 28 30 32 33 34 38 41 42 43 45 63 64 65 67

50 Glimmer of color 51 Give someone the business 52 Lennon's widow 54 Gear for a galley 55 Loses feeling 57 Mesozoic and Cenozoic, for two 59 Skirt insert 60 Army outfit 61 Musical chairs goal 62 One wet behind o4 "___ the fields we go" 65 Play for a sap

Yesterday's Solution

Α	С	Α	P		Α	N	T	E		Α	ם	M		
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²⁰ S	т	U	F	²¹ F	Е	D	s	н	²² I	R	Т	s		
²³ S	0	Р		²⁴ A	s	s			²⁵ S	Υ	s	Т	²⁶ E	²⁷ M
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1 . 2 _ 3 . 4 _ 5 . 6 . 7 _ 8 _ 9 . 10_ 11_ 12_ 13_

Su | do | ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Su|do|ku? Find another Sudoku

puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yesterday's Solution

		•						
6	3	4	5	1	8	7	2	9
2	7	5	3	6	9	4	8	1
1	9	8	2	4	7	6	5	3
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4	6	9	1	8	5	2	3	7
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		9				2	

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R. Lee Ermey











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Call: 1 -800-411-1222 Email: tinnitus@mail.nih.gov (TTY: 1-866-411-1010), Refer to Study Number 06-DC-0218 http://clinicalstudies.info.nih.gov/detail/A_2006-DC-0218.html

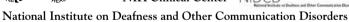
Department of Health and Human Services





National Institutes of Health (NIH) NIH Clinical Center NIDCD

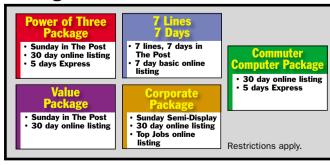




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LUNCH FOR 6 - 12

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NUTRITION

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WELLNESS

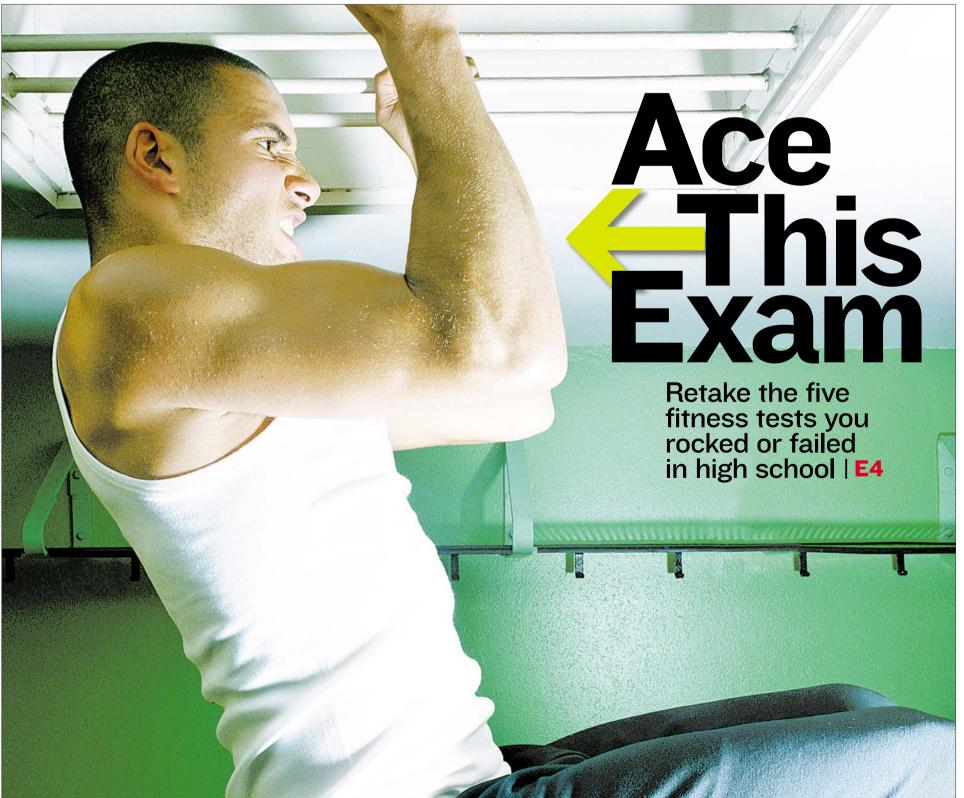
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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



I think my best friend may be schizophrenic. (Her mom is.) A month ago, she got really depressed and angry because she hadn't found a job. I gave her support, applied for jobs for her, and offered to take her to a therapist. But she doesn't want help, because she believes everyone is out to get her. She now says that if she leaves the house, the police will arrest her. How do you help a mentally ill person who doesn't want aid? She has children, and I don't want her to hurt herself or them.

- A TRUE FRIEND

These are the times when being a friend can be one of the toughest



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jobs in the world; my heart goes out to you. The first thing to remember is not to focus on a diagnosis.

Sometimes severe depression alone can lead to unusual beliefs and even psychotic behavior, and using labels or making a direct connection to her mother's situation might make your friend even more suspicious.

If she has a spouse/partner or family, you must enlist their support, not just for logistical aid (perhaps they can lure her to a doctor?), but so they can be extra-watchful of the kids. Unfortunately, in many jurisdictions, if you can't say for sure that she poses an imminent threat to herself or others (and if she does, it's time to contact the police or social services, depending on the severity), the law is usually not much help.

Stay as close as you can without pushing her to shut you out, but don't blame yourself if she does; she's clearly suffering from something bigger than you can handle alone. Your local community mental health agency can give you resources for your area, and sometimes they can do medium-level interventions that don't require involuntary hospitalization.

It's really important to take care of yourself during this time. Watch out for your friend, but don't for-

Rockville, MD

get that you've already cared for her quite a bit, and you are not ultimately responsible for whether she gets help.



Could a psychologist help me change careers? – WONDERING

Yes, a thousand times over! Career counselors can do assessments to find which occupations your personality, skills, education, lifestyle and interests might align with. Clinical and counseling psychologists can help with the emotional and behavioral aspects of a job change. And the whole "I'm trying to find out who I am" transition that often coincides with a career switch is tailor-made for counseling. Work plays such an integral role in our lives that it's impossible to imagine it not being interconnected with our mental health, for better or for worse.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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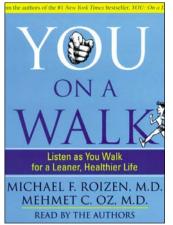
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And Walk on By

MUSIC TO STRUT BY, in theory, is a good idea. And that's probably why doctors Michael Roizen and Mehmet Oz of "You: On a Diet" fame lended their voices to the CD, "You: On a Walk" (\$20). Their interspersed words of wisdom and advice — "remember to keep your abs tight and pulled in" and "think of walking as medication" - might be more effective at keeping up motivation levels if the synth-pop tunes didn't seem as though they had escaped from the "Mannequin 2: On the Move" soundtrack. If you want to walk for fitness, you're better off loading your iPod on your own with fast-paced favorites for most of your stroll. Just listen to this for the stretching routine at the end — the moves are useful, and the music is (thankfully) faint.



Little Bags of Low-**Carb Meatfulness**

THE POPULARITY OF 100-calorie packs is especially helpful for those of us for whom "a serving" is "the bag." Now, with Oberto's 100 Calorie Jerky Bites, those who eat until it's gone can enjoy their favorite salty dried meat snack. We found that the beef version, while tasty, crumbled unnervingly easy, which made testers feel as though they were eating wet, congealed Styrofoam. The teriyaki version had more in

a pack and a smokier, sweeter taste (although one tester claimed it tasted like it had been "soaked in dish soap"), plus a texture like bacon that refuses to be chewed.



"SHAKE UP YOUR ROUTINE" is fairly common advice from personal trainers — but they don't usually mean literally. By standing on a vibrating platform, though, you may get a better workout as your body makes extra muscles pitch in. Apparently, the Redskins and the Orioles train on Power Plate, and now you can, too. The Power Plate my5 (\$4,500) just debuted at area Brookstone stores, which means you can test it out at the mall first.



Box of Delights For Your Ticker

IF YOU HAVE ENOUGH TIME to eat breakfast, you have enough time to check your cholesterol. At least, that's the idea behind the Healthy Heart Kit, which can be yours for buying three Smart Start cereals or bars. It includes a doit-yourself blood sample collection set from Biosafe. You have to be cool with pricking your own fingers with the included lancets and collecting the drops, but then you can ship it off to find out your cholesterol. Plus, there's a \$10 rebate for a blood-pressure monitor. It beats the toys usually found in cereal boxes.



PRODUCTS GuineaPig



Fruitify Your Fancy Fluid

A WISE PERSON ONCE SAID: Give a woman fruity, zero-calorie water, and she'll drink for a day. Teach a woman to make fruity, zero-calorie water, and she'll drink for a lifetime. Pur's Flavor Options Pitcher (\$30 for pitcher, filter and one raspberry cartridge) is the lifetime option. It's a standard pitcher-with-awater filter, with a twist — a tube of Splenda-sweetened fruit syrup that transforms H20 into raspberry- or peach-flavored Kool-Aidtasting fluid. You just pump a button on the lid to add your desired fruit intensity. Three pumps produced a mildly sweet, pleasant drink; 20 caused gagging; and 45 smelled like gasoline, but wasn't much more vomitous than 20. If you don't like the pitcher, there's a faucet-mounted version, too (\$50). But, like making your own smoothies, the novelty will probably wear off. Luckily, you'll still have a perfectly functional filter-pitcherthing. HOLLY J. MORRIS (EXPRESS)



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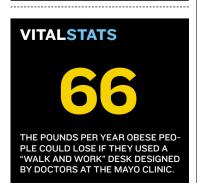
Every time I try to do five push-ups or more, I feel pain in the sides of my neck. I'm having a hard time gaining upper-body strength because I feel everything in my neck. Why is this, and what can I do to correct it?

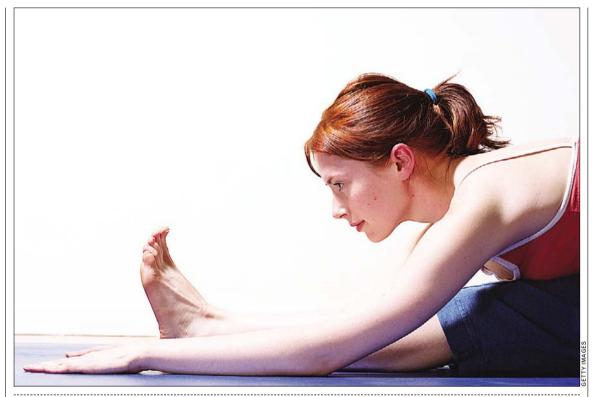
Control of the shoulder blades means everything when it comes to upper-body strength, and it's determined by the surrounding musculature. You may feel tightness due to your levator scapulae muscle pulling at your neck from the upper shoulder blade. If you combine that with a tight upper trapezius, you have a recipe for painful push-ups.

To correct this, you need to work on "retracting" and "depressing" the shoulder blades. A floor cobra and dumbbell scaption are exercises for this correction. To do a floor cobra, lie on the floor in a prone position with your palms face down. Work on raising the chest and your arms, all while squeezing your shoulder blades together and toward your glutes.

A dumbbell scaption involves raising dumbbells (with a pistol-grip) above your head in a half-squat position. From there, you take them outside like you are stretching the chest and then down to your hips.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevo lution.com), which provides private personal training. E-mail him at matt @functionalrevolution.com.





Test of a Lifetime

Rewind to the 5 fitness challenges of school days

That first calculus pop quiz may have been a killer, and dates from American colonial history may still be haunting you decades after your final. But there's one exam from your school days you're sure to remember for life: the physical fitness test.

Since 1985, the President's Council on Physical Fitness hasn't changed its iconic routine: curl-ups, pull-ups, shuttle run, mile run and sit-and-reach. And while every May it cements jock status for the top 15 percent of students (they take home the coveted "Presidential Physical Fitness Award"), the test can teach everyone their strengths and weaknesses — literally.

Lately, fitness-obsessed adults have been ringing up the Council, begging to get that same kind of feedback. "These baby boomers contact us and say they'd love to take a fitness test now," says Melissa Johnson, executive director of the Council. After much pestering from the public, the Council is developing a modified adult version that will be unveiled in the next few months.

Until then, adults are free to attempt the exam they may have aced back in the day, although Johnson cautions folks from immediately attempting to reach their athletic peaks. "It's important to realize that they might be less fit," she says.

The shuttle run — a sprinting exercise that requires participants to pick up wooden blocks from the floor — could especially spell disaster for a stiffer adult body, warn Vernon Bates and Michael Carter, trainers with Washington Sports Clubs. So be sure to warm up and stretch to avoid pulling a muscle.

Even if the sit-and-reach was the exercise that gave you night-mares, that's one almost all adults could stand to work on every day. "Flexibility is something most people don't focus on at all," says Carter. "And it keeps your body pliable and able to withstand injury," Bates adds. Curl-ups (aka sit-ups or crunches) work core strength, and running (or walking) a mile helps endurance, both things most adults could stand to improve as well.

But Bates doesn't think pull-ups deserve their place in the list of five. "It's very relative to body weight, and if you lack grip strength, you can't do it, even if your back muscles are fine," he says. Push-ups have their own problems, mainly that people do them incorrectly, but they may be a better way to gauge upper-body strength. Bates would like to see the standing vertical jump added to the exam as a test of lower body strength, and Carter votes for more flexibility and stability testing.

The most important element to Johnson, Bates and Carter is simply that people are keeping tabs on their bodies and incorporating fitness into their daily lives. "I believe in the benchmark of progress," Bates says. "Improve tomorrow what you did today."

And even if you never manage to do a pull-up, you can push yourself by signing up for the Council's "Active Lifestyle" program. "We like to say the President's Challenge is now grown-up," Johnson says. The only requirement for that all-ages award is to get physical activity in any way for 30 minutes a day, five times a week for six weeks. You get a certificate suitable for framing, just like the jocks from school, and a body that might be able to handle a shuttle run. VICKY HALLETT (EXPRESS)

Pop Quiz Time!

Follow these rules, taken from presidentschallenge.org, to see how you stack up to teenagers:

CURL-UPS

MEASURES: Abdominal strength and endurance. THE TEST: Have student lie down with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk, curling up to touch elbows to thighs, then lowers the back to the floor. 85TH PERCENTILE FOR 17-YEAR-OLDS: In one minute, girls must do 44 and boys must do 55.

SHUTTLE RUN

MEASURES: Speed, quickness and agility. THE TEST: Mark two parallel lines 30 feet apart and place two wooden blocks behind one of the lines. The student runs to the blocks from the opposite line, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line. 85TH PERCENTILE FOR 17-YEAR-OLDS: Girls must finish in 10 seconds, boys in 8.7 seconds.

ENDURANCE RUN/WALK

MEASURES: Heart/lung endurance. THE TEST: Student runs and/or walks one mile. 85TH PERCENTILE FOR 17-YEAR-OLDS: Girls must finish in 8: 15. boys in 6:06.

PULL-UPS

MEASURES: Upper-body strength and endurance. THE TEST: Student hangs from a horizontal bar, using either an overhand grasp or underhand grip. Student raises body until chin clears the bar, then lowers body to full-hang starting position. 85TH PERCENTILE FOR 17-YEAR-OLDS: Girls must do one, boys must do 13.

SIT-AND-REACH

MEASURES: Flexibility of the lower back and hamstrings. THE TEST: You need a box with a ruler marked in centimeters, with 23 cm at the level of the feet. Student removes shoes and sits on floor with knees fully extended, feet shoulderwidth apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practices, the fourth reach is held while the distance is recorded. 85TH PERCENTILE FOR 17-YEAR-OLDS: Girls must reach 42 cm, boys 41 cm.

Phys Ed

Never Bored on Boards

They wobble, twist and fight back, forcing your body to work more

When Shaquille O'Neal tore an abdominal muscle a decade ago, physical therapist to the stars Alex McKechnie invented a device to get him back in the game: the core board. Unlike wobble boards or Bosu balls, on which one merely teeters from side to side, this baby can twist, too. "It's multiplanar. It Work provides resistance at i†**Out** all angles of movement," savs Robert Sherman, a master trainer with Reebok. which makes the contraption.

But while it's a staple of personaltraining gyms and elite facilities, most folks never get to give a core board a twist — unless they're at Sherman's Bethesda studio.

WHAT IT IS: Put any exercise on a core board and it's instantly harder. Even standing still isn't easy: "You're recruiting more muscles and burning more calories in order not to fall," Sherman explains. So while most of his routines could be per-

formed on solid ground, transferring them to the board ups their efficacy. By glancing at an off-kilter platform, he can instantly spot when students are favoring one leg. And the swivel motion

shows users how much power they can generate in their core by twisting their bodies against the board's recoil.

MOVES: A wood-chop motion proves the power of this invention. Instead of just flinging one's arms



Combining the board with equipment like glide discs gives it even more of a kick.

from over one shoulder down to the opposite hip, students must engage their core muscles so that the platform will twist with them. Classics like lunges, squats, pushups and hip bridges get atten-

tion, but so do more creative moves. You might speedily jump back and forth over the platform while tossing a medicine ball in the air. Or maybe you'll place your palms on the board while moving your legs around the floor on glide discs.

WORKOUT: "You have different pains after each class," says Stephanie Kipnis, 30, who says years of regular attendance have boosted her stability. It's no wonder, as the class moves so fast it's tough to track how many body parts you've stretched and strengthened. But the workouts are scalable — students can choose the size of their weights, and Sherman offers alternative moves for novices (as well as encouraging superstars to attempt even more outrageous variations).

CROWD: Though some sessions do draw dudes, the classes are always estrogen-heavy. Sherman doesn't understand. "You'd think guys would love it," he says. "But they don't stick with it because it's too hard for them." VICKY HALLETT (EXPRESS)

Held at F.I.T. (4963 Elm St., Bethesda; 301-656-0885; robertshermansfit.com) Mon. at 6:30 p.m., Wed. at 4:30 p.m. and Thu. at 8:15 a.m. \$18 per class.

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Cheap Eats Guide

Advice on some budget foods that won't kill you

Normally, politicians have to choke down more food than they could ever want at lavish dinner parties, catered fundraisers and deep-fried state fair extravaganzas. But Monday night, four members of Congress finished up a very different kind of week.

To draw attention to the difficulties of sustaining oneself on \$1 per meal — the amount an average food stamp recipient receives from the government — Rep. Jim McGovern, D-Mass., and Rep. Jo Ann Emerson, R-Mo., co-chairmen of the House Hunger Caucus, along with Rep. Tim Ryan, D-Ohio, and Janice Schakowsky, D-Ill., slashed their food budgets to just \$21 for the week.

Instead of tapas, they had tap water. They replaced pate with PB&J. And smart diet habits? Well, those disappeared as quickly as their breakfasts of single bananas.

But while living healthily on such an extreme budget is nearly impossible (which is, after all, the point these elected officials are trying to get across), it's not entirely out of the question. "Go vegetarian and buy dried beans and rice," instructs Dulcie Ward, a registered dietician on staff at Mint Fitness (1724 California St. NW; 202-328-6468; mintfitness.com). "It's a cheap source of protein, and it'll fill you up."

That's a tip Ryan probably wishes he had gotten before shopping for groceries last week. His managed to buy Chock Full o' Nuts coffee, but skimped on proteins and produce (he snagged a single head of garlic). "You just can't live on strawberry preserves and tomato sauce. You need vegetables," notes Isabel Clark, founder of Clark Wellness, which offers clients personalized nutrition programs (clarkwellness.com).

While some produce is indeed pricey, Clark advises budget shoppers to go for leafy greens, such as kale, which are low-cost but nutri-

And if fresh vegetables and fruits are prohibitively expen-



Rice and beans should replace ramen as the cheap dining cliche, Clark says.

sive even with seasonal specials, there's nothing wrong with opting for frozen or canned, says Ward. Just be sure to rinse off canned vegetables to reduce the sodium and make sure fruits aren't soaked with added sugars.

"You can't live on strawberry preserves and tomato sauce."

You can trim more bucks from your bill by staying away from anything that's prepackaged. "Pretty labels mean added cost," Ward explains. If you're comfortable in the kitchen, you can manage to

stretch your budget much further. "Buy a whole chicken and use the whole thing — including the bones for stock. If you reduce your waste, you save money," Clark says.

Just because something is inexpensive doesn't mean it deserves a spot on your shopping list. (Schakowsky, we're talking about you and your ramen habit.)

The ingredients in fast food are heavily subsidized by the government, so a buck burger can feel like a bargain. But when all that fat and cholesterol is in your body, it doesn't feel so good anymore. It may keep your food costs low, but it'll make vour health care costs skyrocket.

We'll let these politicians enjoy a few salads before we make them live through that challenge. VICKY HALLETT (EXPRESS)

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Better (Sleep) in Bed

Use these 4 tips to turn restless nights into blissful shut-eye

The next time you're lying awake at 3 a.m., instead of tossing like a bowl of arugula salad in a light vinaigrette, try these suggestions for getting to sleep faster from Dr. Meir Kryger, author of "A Woman's Guide to Sleep Disorders."

Rearrange the Night Table

Turn your clock around so the glowing numbers face the wall; the constant reminder that you're running out of sleep time adds stress that will prevent you from sleeping.

In a no-boss kind of world, the ideal is to go to bed early enough so that you wake up naturally — and don't need to be buzzed at 6:15 a.m. "If you absolutely need

an alarm clock to get out of bed, you're not sleeping enough," Dr. Kryger says.

Don't Take It Lying Down

If you can't sleep, get out of bed. Wrestling with your fluffy pillows only conditions your brain to associate your bed with sleeping problems. Get up, get out, and do something else until you feel sleepy again.

First stop: The fridge. Milk is rich in the amino acid tryptophan, which affects serotonin, a neurotransmitter that is key to sleep, according to Duke University's Andrew Krystal.

Just don't do anything too active. Exercising or even balancing a checkbook close to bedtime



can pump up your adrenaline and keep you awake. Sex, fortunately, is the clear exception.

Ditch Bedroom Electronics

Get rid of the TV, computer and any other in-the-bedroom distractions that might keep you awake. "I've had patients wake up at 3 o'clock in the morning to check their e-mail and not be able to get back to sleep," Kryger says.

Make the Nightcap an Early Evening Cap Instead

"Many people believe that alcohol helps them sleep, but it actually has the exact opposite effect in most people," Kryger says. "It helps you initially relax and may help you fall asleep, but once the alcohol level drops, it has an arousing effect."

Try to avoid alcohol four to six hours before bed. Also, watch out for spicy foods that may give you heartburn or indigestion. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



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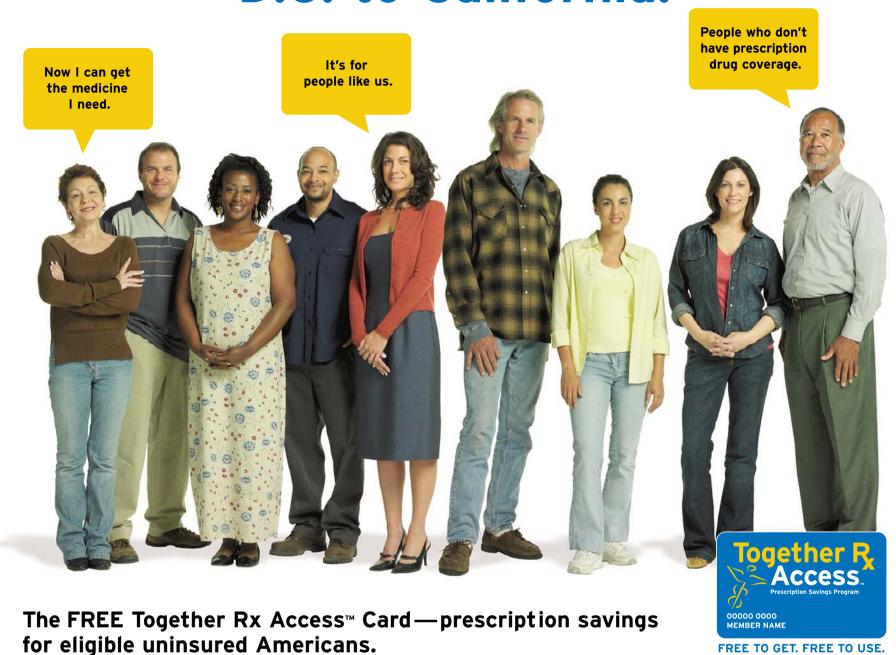
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